

# Finding Health Information Online

Going online to learn about your health and wellness is a great way to take an active role in your own care. When you do, **be sure to go to websites that are carefully reviewed by health experts.** This can help you avoid getting wrong or harmful information.

If the information you find online is different from what your doctor has told you, follow your doctor. Your doctor knows more about you and your particular health condition.

## Step 1: Start with sites you can trust.

- **HealthFinder.gov** is an easy-to-use website with info on health topics and living well.
- **MedlinePlus.gov** has good information from the National Library of Medicine. (For easier-to-read materials, go to [nlm.nih.gov/medlineplus/all\\_easytoread.html](http://nlm.nih.gov/medlineplus/all_easytoread.html)).
- **KidsHealth.org** has health information especially for kids, teens, and parents.
- **NIHSeniorHealth.gov** has health information especially for older people.
- **CDC.gov** (Centers for Disease Control) provides current information on diseases and conditions, healthy living, traveler health, and more.
- **Familydoctor.org** has information on a wide range of health topics as well as drug information and health tools.
- **MLA Top Health Websites** ([mlanet.org/p/cm/ld/fid=397](http://mlanet.org/p/cm/ld/fid=397)) recommends trusted websites to visit to learn about specific conditions.

## Step 2: Ask your doctor for sites that focus on your concerns.

My care provider recommends these websites:

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## Step 3: Be careful on Google and social media sites.

If you look for health info in a search engine, such as Google or Bing, you'll get lots of results. Before you act on information you find in a site, first look at:

- **What is the purpose of the site?** — Sites with .com in the address are commercial sites, usually designed to sell products. Your health may not be their top priority. Look instead for **sites with .gov or .org in the address**, which are usually sponsored by government or nonprofit organizations and reviewed by health experts.
- **Is the information up to date?** — Health information changes fast. Make sure you can find the date the site was last updated.
- **Is this written to meet your needs?** — The website should say whether it is meant for consumers (like you) or professionals. Some sites have different sections for each.

Be careful with social media sites like Facebook and Twitter. There's no way to know if the information is based on good science, or just on one person's experience.

## Step 4: Contact an Intermountain health educator.

If you would like a health educator to help you learn about a health topic, see if there is a LiVe Well Library in your local hospital. Or, call:

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**YOUR NOTES**

**How to find the info I need**

Health topic I am interested in:

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Other names for this health topic:

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Websites that have good info on this topic:

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People I can ask for help:

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**What I learned**

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