Searching for health information

Tips for doing a search:
- List multiple symptoms
- Use full disease name
- Be gender specific
- Be age specific

Search tools for privacy:
- www.duckduckgo.com
- Google Chrome Incognito Browser

Reading a webpage

Scanning makes for a quick and easier way to find what you are looking for.

Scanning tips:
- Start with bigger, bolder words
- Read left to right
- Use left tool bar and top menu bar to find topics
- Read content before clicking on hyperlinks

When scanning search results:
- Scan more than just the top two results
- If you don’t find what you want, start over with new words in search box

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Looking for credibility

Tips for doing a search:
Proof that information is reliable and from a trusted source.
  · Look at “About Us” section
  · Look for unbiased research
  · Check bottom of webpage for dates, sponsors, crediting, and other details

Be careful of:
  · Brand names or products being credited
    - may be trying to sell you something
  · Content reviewed by “medical experts”
    - anyone can claim they are medical experts
  · Information based on someone’s opinion

Other online resources

Health portals through healthcare provider. Here you can find:
  · After visit summaries
  · Medications
  · Communication with providers
  · Prescription requests
  · Health news

Wearables: track your health vitals, such as heart rate, steps walked or run, sleep pattern, and diet

Apps: provides online health resources for mobile devices
Example: www.nlm.nih.gov/mobile

For more workshop information and resources, visit the program website at: https://wihealthliteracy.wixsite.com/healthonline