Health Online:
Finding information you can trust

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

wisconsin health literacy

211 S. Paterson St., Suite 260 | Madison, WI 53703
WisconsinHealthLiteracy.org

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