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 toolbar 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
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

Apps: provide online health resources for mobile devices
Examples:
Mayo Clinic
Health insurance provider

Other mobile friendly resources:
.nlm.nih.gov/mobile