

HEALTH WEBSITES TO RELY ON

Very Well

<http://verywell.com>

- User-friendly website that looks and functions like a mainstream news source, highlighting trending topics
- Searchable, comprehensive health and wellness content, including drop-down menus to disease-specific guides
- Sample content: “*11 Great (and Not-So-Great Condom Innovations)*,” “*Fishing for a Better Diet: What to Know About Eating Seafood*,” “*An Overview of Eating Disorders*”
- Written by health care professionals overseen by board-certified physicians; Medical Review Board headed by Dr. David Katz, president of the American College of Lifestyle Medicine

Bedsider

<http://bedsider.org>

- User-friendly website about sexual health and birth control, including an interactive guide to birth control options
- Interactive tools for getting birth control or health care locally and automating reminders
- Sample content: “*8 tips for safer, smarter hookups*,” “*Preventing HIV one daily pill at a time*”
- Designed for women age 18–29 (great source for men too)
- From the National Campaign to Prevent Teen and Unplanned Pregnancy, a private non-profit organization

Science-Based Medicine

<http://www.sciencebasedmedicine.org>

- Evaluates the evidence on medical treatments and products, especially alternative and complementary options, and topics in the public eye
- Searchable content organized by topic and treatment
- Sample content: “*Positive Psychology and Health*,” “*Medical Marijuana as the new herbalism*,” “*Chiropractic Gynecologist Offers Dangerous Treatments and Misinformation*”
- Written by medical professionals advocating for the highest standards of science in health care
- From the Society for Science-Based Medicine, a US nonprofit organization

NHS Choices

<http://www.nhs.uk/Pages/HomePage.aspx>

- Information on a wide range of diseases, conditions, treatments, and healthy living
- Interactive elements include a symptom checker and online communities for questions, support, and advice
- “*Behind the Headlines*” guides readers through the science behind mainstream health coverage
- Sample content: “*Can beetroot juice give you wings?*,” “*Get Running with Couch to 5k*,” “*Why am I tired all the time?*”
- From the National Health Service, UK

Patients Like Me

<http://www.patientslikeme.com/>

- Free, online, disease-specific communities for members to share stories and advice, discuss symptoms and treatment options, and ask questions
- Sells anonymous health data to companies and nonprofits developing health care products to help them understand the real-world experience of disease and treatment

Vox card stacks

<http://www.vox.com/cards>

- Small, useful set of “card stacks” that succinctly address common questions on key topics (search for “health”)
- Health topics include health insurance, vaccines, e-cigarettes, and obesity and weight loss
- From Vox.com, a news source that helps readers navigate confusing or conflicting health information

Medline Plus

<http://www.nlm.nih.gov/medlineplus/>

- User-friendly website providing evidence-based information on a wide range of health topics and treatments
- Organized disease-specific resources and links (*Summary*; *Start Here*; *Latest News*; etc.)
- Videos, calculators, quizzes, and games (e.g., for estimating your own disease risk)
- Tutorials on evaluating online health info and understanding medical terminology
- From the US National Library of Medicine

Centers for Disease Control and Prevention

<http://www.cdc.gov>

- Information on a wide range of health conditions and related topics, including travel health, emergency preparedness, and occupational health
- Support and tools for healthy living (e.g., “*Losing weight with your pet*,” “*Tips From Former Smokers*” campaign)
- “*Vital Signs*,” a monthly report, covers the newest evidence on trending topics
- From the US Department of Health and Human Services

National Institutes of Health

<http://www.nih.gov>

- Information on a wide range of health topics, summarizing recent research
- Includes guides to specific diseases, and tools on talking to your doctor and science education
- “*NIH News in Health*,” a monthly newsletter, addresses trending health topics
- Sample content: “*Diabetes: Am I at Risk?*,” “*Should You Take Dietary Supplements?*”
- From the scientific research arm of the US government, made up of 21 institutes and six specialist centers; US Department of Health and Human Services

Cleveland Clinic

<http://my.clevelandclinic.org>

- User-friendly information on a wide range of diseases, conditions, and treatments
- Tools for healthy living and managing chronic conditions, including learning modules (e.g., “*Managing Stress*”), podcasts (e.g., “*Adult Vaccines: Which Do You Need?*”), and apps (e.g., “*Healthy Brains*”)
- Interactive elements include risk calculators, quizzes, and a symptom checker
- From Cleveland Clinic, a highly regarded hospital system based in Ohio

Cochrane Library

<http://www.cochranelibrary.org>

- Six databases of high-quality evidence relating to health treatments and decision-making
- Systematic reviews (analyses of relevant, high-quality evidence) on a wide range of health topics
- Sample reviews: “*Light therapies for acne*,” “*Electronic cigarettes for smoking cessation*,” “*Exercise therapy for chronic fatigue syndrome*”
- From Cochrane, a nonprofit organization in 130 countries

PubMed Health

<http://www.ncbi.nlm.nih.gov/pubmedhealth>

- Systematic reviews (analyses of relevant, high-quality evidence) published since 2003 on what works in health care and medicine
- Includes guides to health conditions, health terminology, and drugs, written for nonspecialists
- Disease-specific guides include plain language summaries (e.g., “*Prevention of asthma*,” “*About Fungal Infections*,” “*About Type 2 Diabetes*”)
- Information from reputable sources including national and international agencies
- From the US National Library of Medicine

Mayo Clinic

<http://www.mayoclinic.org>

- User-friendly information on a wide range of diseases, conditions, and treatments
- Searchable by symptoms, health conditions, tests and procedures, and treatments
- Tools for healthy living include interactive graphics, videos, expert blogs, and first aid guide
- Sample content: “*Anger Management: 10 Tips to Tame Your Temper*,” “*A very happy brain*” (video), “*Contact Lenses: What to Know Before You Buy*”
- From Mayo Clinic, a highly regarded hospital system with locations in several states

UpToDate

<https://www.uptodate.com/contents/table-of-contents/patient-education>

- Easy-to-use (but not flashy) guide to a wide range of diseases, conditions, and treatments
- Developed as a resource for health care providers to share with patients and caregivers
- Content flagged as “*The Basics*” or “*Beyond the Basics*”
- Some information available only to paid subscribers
- From Wolters Kluwer, an information services company based in the Netherlands