



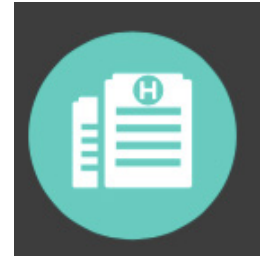
SENIOR PLANET

*Aging with Attitude*

## Online Health Resources

### Why use the Internet for Health Resources?

- Quickly find basic information
- Be empowered to ask your doctor the right questions
- Learn more about a health condition a loved one is experiencing



### Questions to Ask when Evaluating Information

- Who wrote the information? Is the person / organization reputable?
- Does this person / organization have an agenda?
- Are they trying to sell a product?
- Is it a .com, .gov, or .org?
- Is the information up-to-date?

### Medline Plus

- Administered by the U.S. National Library of Medicine and the NIH
- Offers helpful & easy-to-use tools
- Health topics
- Drugs & Supplements
- Videos & Tools



### Mayo Clinic

- Administered by The Mayo Clinic
- Offers lots of great tools & information
- Symptom checker, tests & procedures, diseases & conditions
- Encryption technology for secure payments

