HANDbook HANDbook



Center for Health Literacy

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How to use this book:

- Learn 5 steps to find good health info on the Internet.
- Fill in the blanks some with your doctor some on your own.
- Take this book to your doctor visits.
- use the Internet.

1. Remember!

The Internet can help you learn about your health.





1. Remember that...

- Many people use the Internet (go online) for health info
- People use a smartphone, tablet, or computer to use the Internet
- Info on the Internet can be good or bad
- Use the steps in this HANDbook to find good health info you can trust by going to a new website, learnaboutyourhealth.org

2. TWO ways to get to the new website

There are 2 ways to get to learnaboutyourhealth.org





2. TWO ways to get to learnaboutyourhealth.org

To find info you can trust, use learnaboutyourhealth.org. There are 2 ways to get to the website. Check which one you will use.

Willer one you will ase.
On my own:
☐ My computer Type learnaboutyourhealth.org in the Internet search box Q
With help from one of these:
Library or computer
Hillary Rodham Clinton Children's Library 4800 W. 10th Street Little Rock, Arkansas
Staff will be ready to help

3. THREE questions

Ask your doctor 3 questions.

The answers will tell you what to look up on the Internet





3. Ask your doctor 3 questions

Write down the words to look up. It is okay to leave some blank.

1	I. What is the health problem I have?
	$\mathcal{O}_{\mathbf{X}}$
	Another word for this:
_	40
2	2. What tests will I have?
_	4,
-	3. What meds or treatment will I have?
C	
Эt	her words to look up:
_	
_	

4. FOUR tips

If you leave the website, remember 4 tips for using other sites.





4. Use these 4 tips if you leave learnaboutyourhealth.org

If you leave the website and look at other sites, use these 4 tips to decide if the site is good. A good health info site:

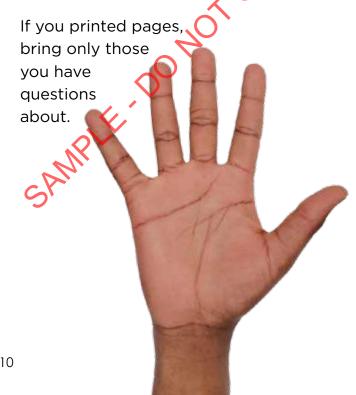
- 1. Tells you who wrote the info It is usually a healthcare worker like a doctor or nurse.
- Does not ask your or personal info like birthday, social security number, credit card number, or email address.
- 3. Exists to help people (NOT sell things). Helpful sites often end with .edu, .gov, or .org (NOT with .com).
- 4. Has an "about us" or "about this site" page.

The site **www.medlineplus.gov** has all 4 of these!

5. FIVE answers

After you search online, fill in the next 2 pages about what you learned. Then talk to your doctor about it.

Take this book to your docto visits to talk about what you learned.





5. Fill in the 5 blanks about what you learned

W	hat I learned about my health problem
	-OP-1
W	hat I learned about my tests:
	hat Vearned about my meds and eatment:

What I learned about how to get and stay healthy (things I can do, like
exercising or changing what I eat):
Questions for my doctor:
40,
00
Notes from my doctor visit:
CAMP
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1. Remember!

The Internet can help you learn about your health.



2. TWO ways

There are 2 ways to get to learnaboutyourhealth.org.



3. THREE questions

Ask your doctor 3 questions.



4. FOUR tips

If you leave the HANDbook website, remember 4 tips for using other sites.



5. FIVE answers

After you search online, fill in the next 2 pages about what you learned. Then talk to your doctor about it. SAMPLE. DO NOTICOP Center for Health Literacy

> Phone: 501-686-5463 Web: healthliteracy.uams.edu Email: healthliteracy@uams.edu