

How to Find Out About Your Health

HANDbook



UAMS[®]

Center for Health Literacy

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HANDbook



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 this book when you use the Internet.

1. Remember!

The Internet can help you learn about your health.

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A close-up photograph of a person's hand, with the index finger pointing upwards. A red string is tied around the middle of the index finger, forming a small loop. The string has frayed ends. The background is plain white.



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

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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.

On my own:

My smart phone or tablet

My computer

Type learnaboutyourhealth.org
in the Internet search box 🔍

With help from one of these:

Library or computer
at this clinic

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.

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3. Ask your doctor 3 questions

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

1. What is the health problem I have?

Another word for this:

2. What tests will I have?

3. What meds or treatment will I have?

Other words to look up:

4. FOUR tips

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

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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.
2. Does not ask you for 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 doctor visits to talk about what you learned.

If you printed pages, bring only those you have questions about.





5. Fill in the 5 blanks about what you learned

What I learned about my health problem:

What I learned about my tests:

What I learned about my meds and treatment:

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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:

Notes from my doctor visit:

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HANDbOOK



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.

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