

U.S. Department of Health and Human Services

## Healthfinder.gov

<http://www.healthfinder.gov/default.aspx>

### Introduction to Healthfinder.gov:

Healthfinder.gov is a website sponsored by the U.S. Department of Health and Human Services. With information on selected health topics from over 1,600 government and non-profit organizations, healthfinder.gov offers personal, tailored information and tools.

### Healthfinder.gov is:

- **Credible** – access reliable resources on a wide range of health topics carefully selected from over 1,600 government and non-profit organizations. Also on MLA's Top Ten most useful websites for consumers.
- **Personal** – find personalized health recommendations and interactive tools like menu planners, calorie counters, and online check-ups.
- **Easy to Understand** – easy-to-read format and simple navigation of the Quick Guide to Healthy Living were designed and tested by limited users. Content in Quick Guide to Healthy Living is printer-friendly.

### Target Audience:

Healthfinder.gov is a nice, easy to read, general resource for anyone, young and old. It is an excellent resource for the consumer looking for general health information.

### Main Sections to check out:

**1. Quick Guide to Healthy Living** - includes information on 12 main health subject areas such as nutrition & fitness, HIV and STDs, cancer screening & prevention, parenting, heart health, everyday health & wellness, pregnancy, screening tests, etc.

**2. Myhealthfinder Tool** – go here to get customized health recommendations.

**3. Find Services and Information** – use this to find a doctor, dentist, health care provider, health centers or clinics, public libraries

**4. Health News** – section that offers several ways to get health news and stay informed (daily headlines, e-news and RSS feeds, access to news archives, weekly newsletters)

**5. Personal Health Tools** – get personalized health tools tailored to your needs: online check-ups, activity and menu planners, health calculators (i.e., BMI, calorie intake, target heart rate, etc.). Links to informative videos included.



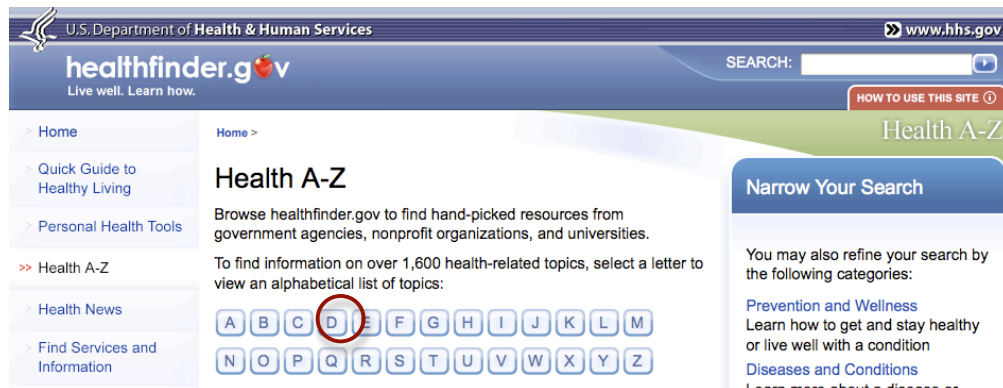
## SEARCHING FOR INFORMATION:

There are two ways to search for general information.

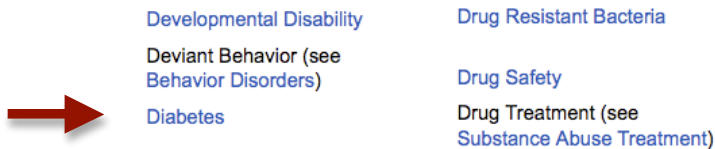
- (1) Search the A-Z Topics encyclopedia
- (2) Use the search box.

**Example:** Let's say you want to find information on diabetes.

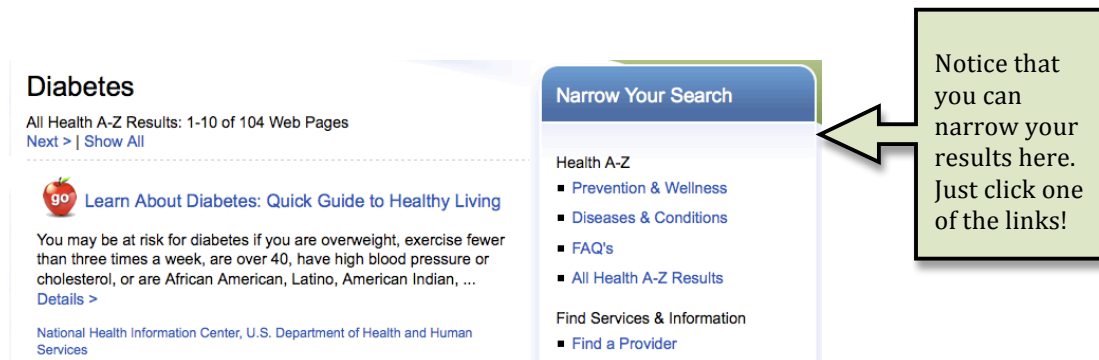
### (1). A-Z Topics – just search for the first letter of the word: i.e. “D” for “diabetes”



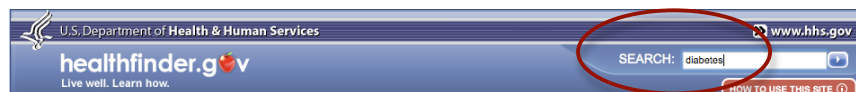
Click on “D” for “diabetes”



...and you will get all the results for diabetes:



### (2). Search box – simply type in your search term: i.e. “diabetes”



...and you will be provided many results!

**To learn more, take a tour!**

Tours available at <http://www.healthfinder.gov/tutorial/>