GETTING THINGS DONE
Overview

- Using the Internet for Health Resources
- Evaluating Information
- Medline Plus
- Drugs & Supplements
- NCOA: “BenefitsCheckUp”
- Useful Resources
Using the Internet for Health Resources

- Quickly get basic information
- Check symptoms
- Know when it’s time to see a doctor
- Ask your doctor the right questions
- Learn about side effects from prescription medications
- Understand more about a health issue
Evaluating Information

- Who wrote the information?
- Is this person or organization knowledgeable & reputable?
- Are they trying to sell a product?
- Is it a .com, .org, or .gov?
- 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
- Explore tabs
  - Health Topics
  - Drugs & Supplements
  - Videos & Tools
Drugs & Supplements

• What happens if you search “Xanax”?
• Review important warnings
• Scroll down to see side effects
NCOA: “BenefitsCheckUp”

- National Council on Aging
- Lists benefits programs available in your area
- Enter basic personal information
- See if you qualify

https://www.benefitscheckup.org
Useful Resources

- MedlinePlus medlineplus.gov
- WebMD webmd.com
- Mayo Clinic mayoclinic.org
- Drugs.com drugs.com
- National Council on Aging ncoa.org
- Benefits benefits.gov
THANK YOU!