Get Online

Learn how to use the Internet

- What is the Web?
- How to use a Web browser
- Search the Web
- How to find trustworthy websites

Get Healthy

Find reliable health information

- Select from common health topics
- Search for your own health topics
- Find health information for special populations including African-American, American Indian, Asian American, Hispanic or Latino, children and seniors.

Get Tools

Are you really “connected?”

- Use your smartphone with mobile health-related apps
- Manage your health online
- Health calculators

This website does not collect personal information about the users. It is provided to help users find health information they can use for themselves.
Good places to search for health information

**MedlinePlus.gov**

Up-to-date health information including an illustrated medical encyclopedia, interactive patient tutorials, and current health news.

ENGLISH • SPANISH • KOREAN • CHINESE

**HealthFinder.gov**

Information and tools to help you and those you care about stay healthy.

ENGLISH • SPANISH

**NCCAM.nih.gov**

National Center for Complementary and Alternative Medicine

Guidelines on the usefulness and safety of complementary and alternative medicine interventions and their roles in improving health.

ENGLISH • SPANISH

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Learn how to use the Internet to find reliable health information.