



Explore Health

from the UC Davis Health System
and the Division of Agriculture and Natural Resources
at the University of California

<http://explorehealth.ucdavis.edu>

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.



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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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