



Healthy Habits

Tips and resources for living well



August Newsletter

This Month: Trustworthy Health Information

How to recognize it.

Access to information in this day and age is endless. But how do you know if what you're reading is credible? In this issue, we'll discuss finding trustworthy health and wellness information we'll tell you how to recognize reputable websites, give you tips for online privacy and how to choose reliable apps. We'll also tell you about trusted resources for health information, including one highly personalized resource.

Reliable resources

The following websites are excellent sources of credible health and wellness information.

- **For help creating balanced meals**, proper portions and more: ChooseMyPlate.gov
- **For researching health conditions**: [Medline Plus](http://MedlinePlus.gov) and [Mayo Clinic](http://MayoClinic.org)
- **For heart-healthy tips**, meal plans and more: [The American Heart Association](http://TheAmericanHeartAssociation.org)
- **For a variety of health information**, including diseases and conditions, traveler's health, workplace safety and emergency preparedness: [The Centers for Disease Control and Prevention](http://TheCentersforDiseaseControlandPrevention.gov)

Credible websites

What to look for, what to avoid

With so many websites to choose from, it can be tough to figure out which ones to trust. These basic tips can get you started:

- **Treat government (.gov, .us) and educational (.edu) websites as trustworthy.** Just make sure with any .edu sites that you're reading information connected to research studies, not editorial content.
- **Proceed with caution on nonprofit (.org) websites.** Some, like the American Heart Association website, are credible—but not all are. Look at the bottom of the site to see if they're accredited by the Better Business Bureau and National Health Council (if they are, that's a good sign).
- **Be skeptical of commercial (.com, .net) websites.** Much of the information on these sites is promotional, and these sites often contain content from un reputable sources.
- **Check the date.** Aim to find the most up-to-date information. Even if you're reading reliable content, if it's dated 1995, chances are there's been more recent research done—and you should seek it out.

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Choosing trustworthy

apps

Similar to websites, health-related mobile apps can be tricky to navigate. These tips can help you choose safer mobile apps:

- Only download apps from your mobile device store.
- Read reviews of any app you're considering obtaining.
- If an app makes outlandish promises, proceed with caution.
- Review the permissions an app requires—some want access to personal information. If this makes you uncomfortable, steer clear.

QUIZ: How much do you know about finding reliable health and wellness information?

1. All .org sites are reliable

a. True b. False

2. Which of the following entities helps accredit organizations and businesses to let readers know that their website is trustworthy?

a. National Accreditation b. Better Business Association Bureau
c. None of the above

3. It doesn't matter how current the information is on a website

a. True b. False

Answers: 1 b, 2 b, 3 b

Online privacy tips

How to stay secure

Don't let your health information get compromised when you're surfing the internet. Follow these tips for a safer online experience.

- **Don't save or store your Wellness website password**, or other health website passwords, on your computer or through your web browser. Instead, pick passwords that are easy for you to remember but challenging for others to guess, and commit them to memory.
- **Don't enter sensitive information**, including anything regarding your healthcare or health insurance, on public computers—this can prevent hackers from accessing your personal information.
- **Cover your tracks.** If you're on a shared computer and have signed in to any health or wellness websites, or have been browsing the web for information about any diseases or conditions you may have, consider deleting your browsing history—this can keep the next user from knowing your business.

