



With so much “stuff” available on the Internet, it can be hard to separate fact from fiction. Here are a few sites you can trust for info about your health and the medicines you take.

- **American Academy of Family Physicians:** [www.familydoctor.org](http://www.familydoctor.org)  
*Family health information*
- **Centers for Disease Control and Prevention:** [www.cdc.gov](http://www.cdc.gov)  
*The official Web site of the Centers for Disease Control and Prevention (CDC)*
- **Health.com:** [www.health.com](http://www.health.com)  
*Up-to-date news and information about medicine, wellness, diet, nutrition, fitness, recipes, and weight-loss*
- **Healthfinder.gov:** [www.healthfinder.gov](http://www.healthfinder.gov)  
*Information and tools to help you stay healthy*
- **Medline Plus®:** [www.medlineplus.gov](http://www.medlineplus.gov)  
*Health information from the National Library of Medicine*
- **U.S. Food and Drug Administration:** [www.fda.gov/consumer](http://www.fda.gov/consumer)  
*Health information for patients and families*
- **United States Department of Health and Human Services:** [www.hhs.gov/consumer](http://www.hhs.gov/consumer)  
*Information about being an active health care consumer, health and wellness, smoking cessation and disease states*
- **WebMD:** [www.webmd.com](http://www.webmd.com)  
*Health information, tools for managing your health, and support*

