



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

