

# The Internet and **YOUR HEALTH**

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The internet offers endless useful information and entertainment. However, it is also full of misinformation, biased accounts and information that is simply untrue. Unfortunately, there is no guarantee that the information provided is valid. In order to protect yourself when looking for health information, you need to evaluate each website for content accuracy prior to relying on it.

When trying to determine if a certain website is a valid place for getting your health care information, consider the following:

- Is the name of the author listed on the page?
- Is there contact information for the author other than an email address?
- Does the author provide a place to find further information and/or the research that was used so you can verify the facts that are discussed?
- Are there charts, graphs or other visuals to support the author's claims?
- Is the information written with objectivity or is the author's bias present throughout it?
- Do the advertisements promote the author or company's opinion?
- Do the advertisements relate to the topic or subject?
- How recently was the page written, published or last updated?
- Can you verify the information or conclusions through other credible websites?