

Helping a Learner

Find Reliable Health Information

Finding health information online is not really an issue because there are thousands of websites touting health information. The issue is finding TRUSTWORTHY health information among all that is out there!

The National Institutes of Health website and the Mayo Clinic are good places to start for reliable health information.

The National Institute on Aging provides a list of questions one should ask to determine if a website is reliable [Click here to read details](#) Scroll down for this information in printable summary form.



Quick Checklist for Medical Information Websites

You can use the following checklist to help make sure that the health information you are reading online can be trusted. You might want to keep this checklist with your device.

1. Is the sponsor/owner of the website a Federal agency, medical school, or large professional or nonprofit organization, or is it related to one of these?
2. If not sponsored by a Federal agency, medical school, or large professional or nonprofit organization, is the website written by a healthcare professional or does it reference one of these trustworthy sources for its health information?
3. Why was the site created? Is the mission or goal of the website sponsor clear?
4. Can you see who works for the agency or organization and who authored the information? Is there a way to contact the sponsor of the website?
5. When was the information written, or webpage last updated?
6. Is your privacy protected?
7. Does the website offer unbelievable solutions to your health problem(s)? Are quick, miracle cures promised?

Source <https://www.nia.nih.gov/health/online-health-information-it-reliable>