

Community Health Library

Open to patients, visitors, families and community members.

Visit the Community Health Library on the 01 level of the main hospital (right outside of Rehab) and get help finding reliable health information or use the computers in the library.

Resources and services are free.



Library hours

9am - 4pm

(Closed 12-1 for lunch)

Monday - Friday

410-550-0678

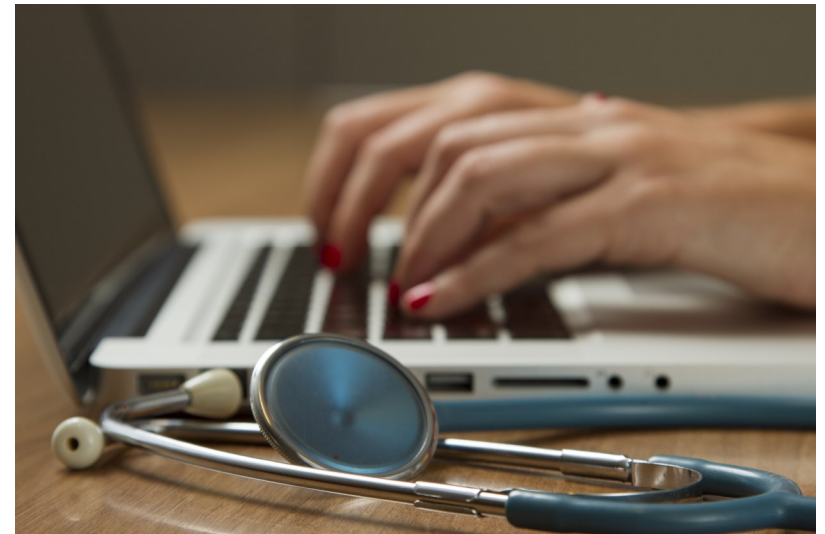
hopkinsmedicine.org/jhbmc/library



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Reliable Health Information on the Internet

A Reference Guide



NCI/Daniel Soric

Johns Hopkins Bayview Medical Center
Community Health Library

Open Monday-Friday 9am-4pm

hopkinsmedicine.org/jhbmc/library

Need help locating health information contact Tillie Horak at thorak@jhmi.edu or call 410-550-0678.

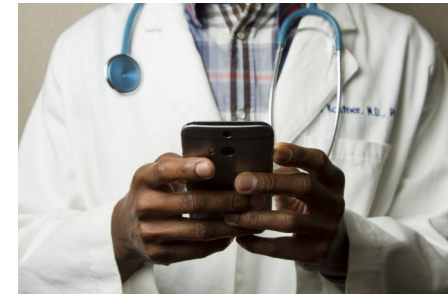
The library staff at Johns Hopkins Bayview hopes this booklet helps you find reliable information on the Internet. Library staff are available to help you locate information Monday-Friday from 8am - 4pm, or email Tillie Horak at thorak@jhmi.edu or call 410-550-0678.

Table of Contents

Read Before You Search	3
Signs of a Scam	4
MedlinePlus	5
Johns Hopkins Resources	6
Doctor & Hospital Information	7
Insurance Information	7
Medicine & Payment Help	8
Advance Care Planning	9
Caregiving & Older Adults	10
Mobile Health	11
Community Health Library	12

Remember: The information found on the websites in this brochure **does not take the place of your doctor.** Discuss any information you may find with your doctor.

Health Apps for Your Device



NCI/Daniel Sone

CDC (Center for Disease Control) Influenza

Search “cdc influenza” in the App Store and Google Play.
CDC’s vaccine and flu information.

SuperTracker from USDA (mobile version)

mnew.supertracker.usda.gov

Nutrition information, track what you eat and your physical activity.

BMI Calculator

Search “nih bmi calculator” in the App Store and Google Play.
Body Mass Index Calculator

American Red Cross First Aid

Search “red cross first aid” in the App Store and Google Play.
First aid information.



Caregiving & Older Adults



NCI/Rhoda Bayer

National Alliance for Caregiving

caregiving.org

Research, support groups, and resources for all kinds of caregivers.

Long-Term Care Information

longtermcare.acl.gov

Facts and tips about planning long-term care arrangements.

Maryland Access Point:

aging.maryland.gov/accesspoint

Resources for older adults and people with difficulties. (844-627-5465)

Eldercare Locator

eldercare.gov

Information about senior services.

VA Caregiver Support

caregiver.va.gov

Information specific to caregiving of veterans, including a support line.
(1-855-260-3274)

Read Before You Search

A Google search for **heart attack** produces over 658,000,000 results! How do you know which of these sites has **reliable** information?



CDC/Richard Duncan

Reliable websites give you true information!

Remember these four points when you search the Internet:

Accuracy

Does the website use reliable research? Check many sources for the same information - are the results the same?

Authority

Websites that end in .org, .gov or .edu are usually the most reliable websites for health facts. Make sure the website is written by doctors, nurses, or others working in the health field.

Bias

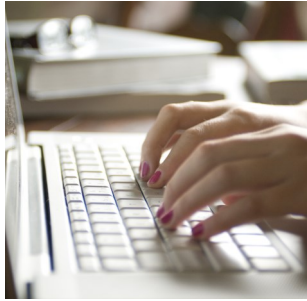
Who pays for the website? If a company supports a website they could have control over the website and give you wrong information.

Currency

When were the facts last updated? Medical research never stops. Make sure the information is no older than **3** years.

Signs of a Scam

How can you tell if websites are telling the truth? These signs can help you decide whether a website or an ad is a scam.



CDC/ Amanda Mills

- No one treatment works for everyone. All conditions are different. Two people with the same problem may need different treatments. Don't trust any website with ads for products that say it can treat any sickness.
- "Natural" doesn't always mean safe or that it actually works.
- **Personal stories are not proof that the product works.**
- A money-back guarantee doesn't prove that a product works.

Advance Care Planning

Healthcare plans for the future is an important step to make sure you get the medical care you want.

National Institute on Aging (en español)

nia.nih.gov/health/publication/advance-care-planning

Tips and help for advance directives, how to select someone to help you make health decisions, and more.

Caring Connections (en español)

caringinfo.org

Gives information and support for planning ahead. Links to advance directives for all states.

Aging With Dignity

agingwithdignity.org

A private, non-profit organization, affirming the human dignity of every person who faces the challenges of aging, serious illness, disability or loneliness and creator of "Five Wishes."

The Community Health Library has copies of "Five Wishes". More than just an advance directive, *Five Wishes* brings a holistic approach to a living will by including an individual's care and comfort choices. It provides a means to legally document your choices for medical treatment, comfort, and care wishes.



NCI/Rhoda

Medicine & Payment Help

Pillbox

pillbox.nlm.nih.gov

Facts about pills, pictures of each pill, and side effects.

Consumer Med Safety

consumermedsafety.org

Tips for taking medicines safely including storing and discarding, and poisoning.

Patient Assistant Programs (PAPs) help you if you can't afford your medicines.

Needy Meds: (en español)

needymeds.org

Free or low cost medicine payment programs. (800-503-6897)

RxAssist

www.rxassist.org/patients

Payment help with medicines. Links to free or low cost healthcare programs.

Partnership for Prescription Assistance

www.pparx.org

Payment help with medicines. Map of free clinics. Links to free or low cost diabetes supplies, hearing aids, savings cards, and more.



CDC/ Amanda Mills



MedlinePlus.gov is from the National Library of Medicine. This website will always give you good facts.

MedlinePlus information is:

- Easy-to-use
- Reliable
- Current
- Accurate
- Written by health professionals
- Free of ads

MedlinePlus features:

- Health topics pages
- Drug and supplement information
- Medical dictionary and encyclopedia
- Directories
- Interactive health tutorials
- Health news

La información de salud en español.
It is available in several other languages.
Easy to use on phone or tablet.

Johns Hopkins Resources

Hopkins Health Library

hopkinsmedicine.org/healthlibrary

Health topics and Hopkins doctors.

My Chart at Hopkins

mychart.hopkinsmedicine.org

Access your Hopkins medical records. (also available as a mobile app through Google Play and the App Store)

Johns Hopkins Home Care Group

hopkinsmedicine.org/homecare

Home care services including training, medical supplies and equipment, infusion, hospice, caregiving help.(410-288-8100)

Called to
CARE

Called to Care

HopkinsMedicine.org/JHBMC/CalledtoCare

Program to assist and recognize caregivers. (410-550-8018)

Doctor & Hospital Information

Hopkins Medicine

hopkinsmedicine.org

Find a Hopkins doctor by name or specialty.

Hospital Compare (en español)

Medicare.gov/hospitalcompare/search

Information about the quality of care in hospitals across the country.



Insurance Information

Healthcare.gov (en español)

healthcare.gov

Find health insurance choices.

Veterans Affairs - Health Care Benefits and Services

va.gov/health

Veterans' health benefits, health programs, and finding a VA facility.

Benefits.gov (en español)

benefits.gov

Gives facts on all types of government benefits.