

# ONLINE HEALTH INFO



Finding the right health information online can be a challenge but here are some things you should keep in mind when searching.

## OUR TOP TIPS

### CREDIBLE

- Is the website owned or sponsored by a reputable organisation and is this information visible and easily accessible?
- Can you easily contact the owners of the website via email, telephone, fax, regular mail and street address?
- Is there information about the people associated with the website, including their names, credentials and qualifications?

### TRANSPARENT

Are there sponsors directly influencing the content and is the role of the sponsor clearly defined?



### OBJECTIVE

Is the health information consistent, or are there contradictions?

Does the website provide information about both the benefits and risks of treatments or therapies?

If the website cites research or studies, are these clearly referenced?

### BALANCED



Is the sale of products or services more prominent than the content?

Is the website all shine but with little or no substance?

### CURRENT



Is the information current, with recent updates and dates on articles?

Adapted from: <https://www.betterhealth.vic.gov.au/health/healthyliving/health-information-and-health-products-online>