

Promoting Health Literacy with Free Information and Cool Tools
from Your National Library of Medicine

Answer Key Session 1

1. Having access to quality health information equips you to make better [health decisions](#) and to know what questions to ask your [healthcare provider](#).
2. [MedlinePlus](#) is the National Library of Medicine's web site for the general public and for patient education.
3. To get to the MedlinePlus web site, go to the web address: www.nlm.nih.gov/medlineplus/
4. Once you are on the MedlinePlus web site, the best place to start looking for information about a health topic is in the Health Topics section.
5. If you know the specific topic about which you want information, the fastest way to find out about it is to use the [Alphabetical Index](#) at the top of the Health Topics section of MedlinePlus.
6. You can access the Spanish language version of a MedlinePlus page by clicking on the orange [ESPAÑOL](#) button at the top of each page.
7. Each health topic page starts with an [overview](#) of the topic.
8. Below the box with the general overview is a [Table of Contents](#) for the health topic page that goes from quite general to more specific information.
9. You can find videos and animated tutorials in the [Cool Tools](#) section of a Health Topic page.
10. MedlinePlus is a great starting place for health information because: [It's free, picturesque, accurate, reliable, mobile, ad-free.](#)
11. Additional information resources from National Library of Medicine include