Clarify, Don’t Terrify!

# Utilizing National Library of Medicine Resources for Health Literacy

# Information Resources

| Resource URL | Resource Description |
| --- | --- |
| [**MedlinePlus**](https://medlineplus.gov/)  https://medlineplus.gov/ | A comprehensive, authoritative and reliable resource for patients, families and the general public. Information regarding health conditions, safety, drugs, and more can be found all in one location and all freely available through the National Library of Medicine. |
| [**Health Reach**](https://healthreach.nlm.nih.gov/)  https://healthreach.nlm.nih.gov/ | This is a national collaborative partnership that has created a resource of quality multilingual, multicultural public health information for those working with or providing care to individuals with limited English proficiency. Offers easy access to quality health information to individuals for whom English is not their primary language. |
| [**NIH Senior Health**](https://nihseniorhealth.gov/)  https://nihseniorhealth.gov/ | A senior-friendly website tailored especially for older adults to help them locate health and wellness information. A trainer toolkit is also provided to assist those interested in helping older adults locate reliable health information online. |
| [**National Institute on Aging (NIA)**](https://www.nia.nih.gov/)  https://www.nia.nih.gov/ | NIA is one of the institutes at the National Institutes of Health, dedicated to research regarding aging and health as well as providing health information to promote healthy aging. |
| [**NIA Health and Aging information**](https://www.nia.nih.gov/health)  https://www.nia.nih.gov/health | Health & Aging section provides a variety of health information for older adults and their families and caregivers. |
| [**NIA Talking with Your Doctor guide**](https://www.nia.nih.gov/health/publication/talking-your-doctor/how-should-i-prepare-getting-ready-appointment)  https://www.nia.nih.gov/health/publication/talking-your-doctor/how-should-i-prepare-getting-ready-appointment | A downloadable and printable guide freely available from NIA to assist with making the most of doctor visits for seniors. Also available in Spanish. |
| [**NIA infographics**](https://www.nia.nih.gov/health/infographics?page=1)  https://www.nia.nih.gov/health/infographics?page=1 | These visually appealing infographics provide pertinent information regarding healthy aging which can be shared through various social media and email. |
| [**American Indian Health**](https://americanindianhealth.nlm.nih.gov/)  https://americanindianhealth.nlm.nih.gov/ | Information specifically for Native Americans and Native Alaskans. Much of the information is easy to understand including sites that are designed for children and elders. Additional links to sites with stories of Native people and their experiences with health issues and ways of wellness. |
| [**Genetics Home Reference**](https://ghr.nlm.nih.gov/)  https://ghr.nlm.nih.gov/ | This is a consumer resource to find information about health conditions with a genetic component as well as learning more about genetics. |
| [**PubMed Health**](https://www.ncbi.nlm.nih.gov/pubmedhealth/)  https://www.ncbi.nlm.nih.gov/pubmedhealth/ | Provides information for consumers and clinicians on prevention and treatment of diseases and conditions.  PubMed Health specializes in reviews of clinical effectiveness research, with easy-to-read summaries for consumers as well as full technical reports. Also provided are resources and information to understand research results. |
| [**SIS NLM Outreach Resources**](https://sis.nlm.nih.gov/outreach.html)  https://sis.nlm.nih.gov/outreach.html | A variety of outreach resources to reach underserved or specific populations from the Special Information Services division of the National Library of Medicine. |
| [**NNLM**](https://nnlm.gov/)  https://nnlm.gov/ | The web page of the National Network of Libraries of Medicine, a program of the National Library of Medicine. Each regional location and office can be located from this web address. Funding is also located here in the Funding tab for all regions or on each regional webpage. |