

The background features abstract, overlapping green geometric shapes in various shades, creating a modern and dynamic feel. The shapes are primarily triangles and polygons, some semi-transparent, layered against a white background.

# What's Up Doc? Free Government Health and Medical Resources

Presented by  
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# Resources Discussed Today

- ▶ **Benefits.gov**
- ▶ **Healthfinder.gov**
- ▶ **Pueblo.gpo.gov**
- ▶ **What's Cooking? USDA Mixing Bowl**
  
- ▶ **PubMed/PubMedCentral/MedlinePlus**
- ▶ **National Center for Complementary and Integrative Health**
- ▶ **Drug Information Portal/Pillbox/Daily Med**
- ▶ **Mobile Apps**

[Benefits.gov](https://www.benefits.gov)

[Healthfinder.gov](https://www.healthfinder.gov)

[Pueblo.gpo.gov](https://www.pueblo.gpo.gov)

[What's Cooking? USDA Mixing Bowl](https://www.usda.gov/mixing-bowl)

# Benefits.gov

- Official benefits website of the U.S. Government
- Began in 2002
- Provides information on more than 1,200 Federal and state benefit and assistance programs.
- Allows for browsing and for finding specific benefits you might qualify for

# Healthfinder.gov

- ▶ U.S. Department of Health and Human Services and Office of Disease Prevention and Health Promotion (ODPHP)
- ▶ Government website where you will find information and tools to help you and those you care about stay healthy.
- ▶ healthfinder.gov has resources on a wide range of health topics selected from approximately 1,400 government and non-profit organizations to bring you the best, most reliable health information on the Internet.

# Pueblo.gpo.gov

- ▶ Operated by the U.S. Government Publishing Office Pueblo Distribution Center to support free federal publication distribution activities.
- ▶ Source for answers to questions about consumer problems and government services.
- ▶ The Pueblo.GPO.gov website is where consumers can go to find information and order publications on a variety of topics from the federal government.

# What's Cooking? USDA Mixing Bowl

- ▶ Provides recipes and resources to support building healthy and budget-friendly meals.
- ▶ It is was developed through collaboration between the Center for Nutrition Policy and Promotion (CNPP), Supplemental Nutrition Assistance Program(SNAP), the Child Nutrition Programs (CNP), and the Food Distribution Division (FDD)
- ▶ Recipes, guides, videos, easy browsing
- ▶ Build and print your own cookbook





PubMed

PubMed Central

Medline Plus

# PubMed

- ▶ Primarily used by researchers and clinicians
- ▶ Comprises over 28 million citations and abstracts for biomedical literature indexed in the National Library of Medicine's Medline database, as well as from other life science journals and online books
- ▶ Does not include the full text of the journal article; however, the abstract display of PubMed citations may provide links to the full text from other sources, such as from a publisher's web site or PubMed Central

# PubMed Central

- ▶ A free full-text archive of over 5 million biomedical and life sciences articles from thousands of peer-reviewed journals at the National Library of Medicine
- ▶ Material is subject to traditional copyright restrictions
- ▶ Materials are free to access, but they are not Open Access in the specialized sense of the term

# MedlinePlus

- ▶ The National Institutes of Health's web site for patients and their families and friends
- ▶ Contains information about more than 1,000 diseases, conditions, and wellness issues in language that is easy to understand
- ▶ There are directories, a medical encyclopedia, health information in Spanish, extensive information on prescription and nonprescription drugs, information about lab tests, and links to thousands of clinical trials
- ▶ Updated daily
- ▶ No advertising on the site, and nor does it endorse any company or product

# National Center for Complementary and Integrative Health

- ▶ The Federal Government's lead agency for scientific research on the diverse medical and health care systems, practices, and products that are not generally considered part of conventional medicine.
- ▶ Formerly known as the National Center for Complementary and Alternative Medicine
- ▶ Has links to resources for both healthcare consumers and professionals
- ▶ Includes links for Health Info, Research, Grants & Funding, Training and News & Events (which includes Multimedia)
- ▶ Information available in Spanish

## Drug Information Portal

- ▶ Gives users a gateway to selected drug information from the U.S. National Library of Medicine and other key U.S. Government agencies
- ▶ More than 75,000 drugs can be searched

## Pillbox

- ▶ Developed to aid in the identification of unknown pills (oral solid dosage form medications)
- ▶ Once a pill has been identified, additional information is provided, including brand/generic name, ingredients, and the National Drug File identification number. Links are provided to NLM drug information resources, such as drug labels from DailyMed and the Drug Information Portal

## DailyMed

- ▶ DailyMed is the official provider of FDA label information (package inserts) for over 100,000 marketed drugs

# Phone Apps

Federal Government Mobile Apps Directory

Data.gov Applications

**QUESTIONS?**



# Contact Us

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