

healthfinder.gov 

Live well. Learn how.

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INTRO TO  
HEALTHFINDER.GOV

[www.healthfinder.gov](http://www.healthfinder.gov)

# Hello!

## Introduce yourself

Learning Goals:

1. Understand what kind of information Healthfinder provides
2. Learn how to navigate and search on Healthfinder
3. Accomplish a search on Healthfinder on my own



What is  
HealthFinder?



*HealthFinder is a general health information resource from the US Department of Health and Human Services. HealthFinder compiles the most reliable and updated health information to help you and those you care about stay healthy*

# HealthFinder is GREAT for...

- ▶ A starting point for topics you want to know about
- ▶ A good place to browse for general health information
- ▶ Finding other websites that have good information on certain topics

# Basic Navigation

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1

Home

Health Topics A to Z

myhealthfinder

Free Web Content

Find Services Near You

National Health Observances

Home



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### Spread the Word about Important Shots

Watch and share these short videos about preventing whooping cough, shingles, and pneumococcal disease.

Read More ▶



### Health Topics

Get information to help you and your family stay healthy.

Health Conditions and Diseases



Nutrition and Physical Activity



Pregnancy



Doctor Visits



Everyday Healthy Living



Parenting



myhealthfinder

See which preventive services you or a loved one may need this year.

Age:

Sex:

- Female
- Male

Get Results

Find us on:



Get Email Updates



# Search Bar



Let's search for "breast  
cancer"

▷ How many results do you get?



# Health Topics

## A-Z

## Health Topics A to Z

Check out our disease prevention topics and tools to help you and your family stay healthy. Browse our categories, choose a population, or use the A to Z search.



# How to find your topic

### Find Your Topic By First Letter

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

1

Health Conditions and Diseases ▶



Doctor Visits ▶



Nutrition and Physical Activity ▶



Everyday Healthy Living ▶



Pregnancy ▶



Parenting ▶



2

### I Want Information For

Women



Men



Older Adults



Babies and Toddlers



Children



Pre-teens and Teens



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# Health Topics Search Practice

- ▷ Please search for “breast cancer”
- ▷ Please search for “hypertension”
- ▷ Please search for “vaccines”

## Get Tested for Breast Cancer



Browse Sections

- The Basics
- Overview
- Breast Cancer
- Take Action!
- See Your Doctor
- Cost and Insurance
- Healthy Habits

### The Basics: Overview

Breast cancer is the second most common cancer in the United States. About 1 in 8 women born today in the United States will get breast cancer.

The good news is that mammograms can find breast cancer if it's found and treated early.

#### How often should I get mammograms?

- Women ages 40 to 49**  
Talk with your doctor about when to start getting mammograms and how often to get them.
- Women ages 50 to 74**  
Get mammograms every 2 years. Talk with your doctor to decide if you need them more often.

#### What is a mammogram?

A mammogram is an x-ray picture of the breast. Mammograms use a very low level of x-rays, which are a type of radiation. Mammograms are very safe.

Mammograms can be used to screen (test) for breast cancer in women with no signs or symptoms – or to diagnose women with symptoms, like lumps in their breasts.

When you get a mammogram, a technician will place your breast between 2 plastic plates and press your breast flat to get a clear picture. Getting a mammogram can be uncomfortable for some women, but the discomfort only lasts a few seconds.

It takes about 20 minutes to get mammograms. [Learn more about mammograms.](#)

Next section

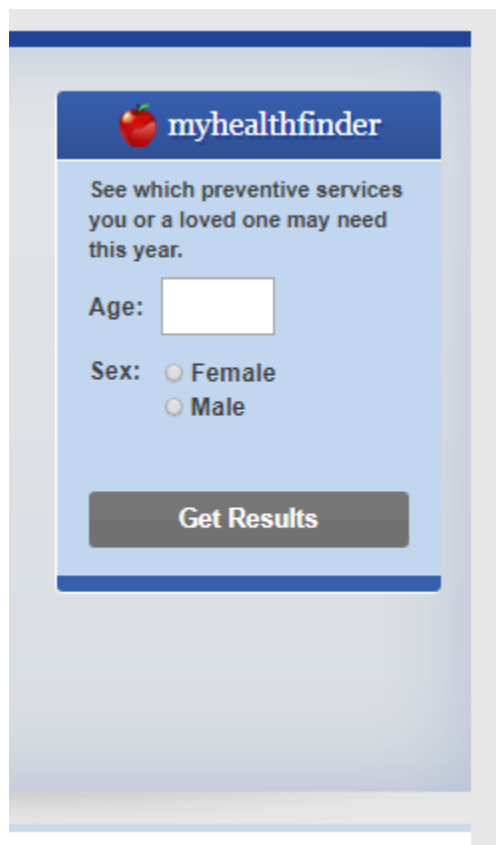



# Health Topics: Get Tested for Breast Cancer



myhealthfinder

# Enter in your Age, and Gender



 myhealthfinder

See which preventive services you or a loved one may need this year.

Age:

Sex:  Female  
 Male

**Get Results**

Doctors recommend that **all** women age 28:

#### Get Your Well-Woman Visit Every Year

See a doctor or nurse for a checkup once a year. (HRSA)

#### Get Enough Folic Acid

Learn why women your age need folic acid. (USPSTF)

#### Get Shots to Protect Your Health

Get important adult shots (vaccinations). (ACIP)

#### Get Tested for Cervical Cancer

Get a Pap test every 3 years. (USPSTF)

#### Get Your Blood Pressure Checked

Get your blood pressure checked regularly – at least every 5 years. If you are African American or you are overweight or obese, get it checked once a year. (USPSTF)

#### Get the Seasonal Flu Vaccine

Get the flu vaccine every year to protect yourself and others from the flu. (ACIP)

#### Watch for Warning Signs of Relationship Violence

If you think your partner might be abusive, talk with your doctor about getting help. (USPSTF)

#### Get Help to Quit Smoking

If you smoke, ask your doctor about services to help you quit. (USPSTF)

#### Talk with Your Doctor about Depression

Talk with your doctor about how you are feeling if you have been sad, down, or hopeless. (USPSTF)

#### Get Tested for HIV

Get tested for HIV at least once. You may need to get tested more often depending on your risk. (USPSTF)

#### Watch Your Weight

If you are overweight, ask your doctor about screening and counseling for obesity. (USPSTF)

#### Talk with a Doctor about Your Alcohol Use

If you are concerned about your drinking, ask your doctor about screening and counseling. (USPSTF)



# Find Services Near You



# How to use

## Find Services Near You

Browse these resources to find people and places offering services and support.



## Find a Doctor or other Health Care Provider

- » [Find a Dentist](#)
- » [Find a Doctor](#)
- » [Find other Health Providers](#)

## Find a Health Organization

- » [Search by Name or Health Topic](#)
- » [Browse Alphabetical List](#)
- » [Browse by Type of Organization:](#)
  - » [Federal Agencies](#)
  - » [Federal Clearinghouses](#)
  - » [Health & Human Services Clearinghouses](#)
  - » [Nonprofit Organizations](#)
  - » [Professional Organizations](#)
  - » [State Health & Human Services](#)

## Find a Health Center or Home Health Care

- » [Community Health Center](#)
- » [Home Health Care](#)
- » [Hospice Care](#)
- » [Hospitals](#)
- » [Long Term Care](#)
- » [Nursing Homes](#)
- » [Find other Health Care Facilities](#)

# More Practice

- ▶ Try searching for a topic of your choice!

# Thanks!

## Any questions?

You can find me at:

@username

user@mail.me

# Credits

Special thanks to all the people who made and released these awesome resources for free:

- ▷ Presentation template by [SlidesCarnival](#)
- ▷ Photographs by [Unsplash](#)

# Presentation design

This presentations uses the following typographies and colors:

- ▷ Titles: **Raleway**
- ▷ Body copy: **Lato**

You can download the fonts on these pages:

<https://www.fontsquirrel.com/fonts/raleway>

<https://www.fontsquirrel.com/fonts/lato>

- ▷ Dark blue **#2185c5**
- ▷ Light blue **#7ecef**
- ▷ Yellow **#ff9715**
- ▷ Magenta **#f20253**
- ▷ Dark gray **#677480**
- ▷ Light gray **#97abbc**

*You don't need to keep this slide in your presentation. It's only here to serve you as a design guide if you need to create new slides or download the fonts to edit the presentation in PowerPoint®*



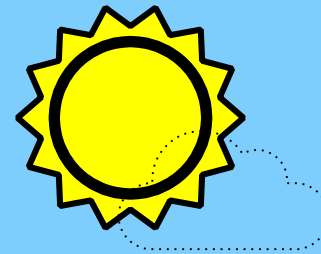
SlidesCarnival icons are editable shapes.

This means that you can:

- Resize them without losing quality.
- Change fill color and opacity.
- Change line color, width and style.

Isn't that nice? :)

Examples:





Now you can use any emoji as an icon!

And of course it resizes without losing quality and you can change the color.

How? Follow Google instructions

<https://twitter.com/googledocs/status/730087240156643328>



and many more...