



## WELLNESS WORKSHEET 9

### Wellness on the Web

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The World Wide Web can be an important source of up-to-date wellness information. In the first part of this worksheet, you'll practice navigating around a Web site; in the second part, you'll use a search engine to find information on a particular topic.

#### Part I. Explore a Web Site

Choose one of the sites listed below, and enter the address (uniform resource locator, or URL) into your Web browser.

Centers for Disease Control and Prevention: <http://www.cdc.gov>

FirstGov for Consumers: Health:

Healthfinder: <http://www.healthfinder.gov>

National Institutes of Health: <http://www.nih.gov>

National Library of Medicine MedlinePlus: <http://medlineplus.gov>

Site chosen (URL): \_\_\_\_\_

The home page of the site should have a menu of the information available at the site. Choose two items to explore. Click on each one in turn, and briefly describe what you find.

1. Menu item: \_\_\_\_\_

Description: \_\_\_\_\_

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2. Menu item: \_\_\_\_\_

Description: \_\_\_\_\_

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Check the Web site you've chosen for the following other features and circle "yes" or "no":

Yes	No	Does the Web site have links to other sites? About how extensive is the list of links? Is it organized in an easy-to-use fashion?
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