Finding accurate health information online can be difficult. However, taking a few steps to ensure that you find safe, trustworthy information can help support a healthy lifestyle. Use the tips in this newsletter to search for health and wellness information.

Staying Secure Online

Millions of consumers get health information from magazines, TV, or the internet. Even though the internet contains a wealth of information, ensuring that information is credible and the websites are safe are important aspects of your health research. Follow these tips for a safer online experience.

- **Don’t save or store your health website passwords**, on your computer or through your web browser. Instead, pick a password that is easy for you to remember but challenging for others to guess.
- **Don’t enter sensitive information**, including anything regarding your healthcare or health insurance, on public computers—this can prevent hackers from accessing your personal information.
- **Cover your tracks**. If you’re on a shared computer and have signed in to any health websites, or have been browsing the web for information about any diseases or conditions you may have, consider deleting your browsing history—this can keep the next user from knowing your business.

Credible Health Websites

When looking for health information online, it can be difficult to know what sites to trust. Even though the best way to get reliable information is from your physician, the tips below can help you search for health information on the web.

- **Treat government (.gov, .us) and educational (.edu) websites as trustworthy**. Just make sure with any .edu sites that you’re reading information associated with research studies, not editorial content. Filtering your research and study searches to scholarly publications is a helpful approach.
- **Proceed with caution on nonprofit (.org) websites**. Some, like the American Heart Association website, are credible—but not all are. Look at the bottom of the site to see if the Better Business Bureau and National Health Council accredit them. If they do, it is a good sign that the resources are more reliable.
- **Be skeptical of commercial (.com, .net) websites**. Much of the information on these sites is promotional, and these sites often contain content from unreliable sources.
- **Check the date**. Aim to find the most up-to-date information related to your search. Even if you’re reading reliable content, if it’s dated 1995, chances are there’s been updated research done—and you should seek it out.

Reliable Health Resources:
- CHC Wellness
- WellCall
- Medline Plus
- The American Heart Association
- The Centers for Disease Control and Prevention
- Choose My Plate
- Mayo Clinic

Written in partnership with WellCall
# August 2013 Wellness Challenge Calendar

The Wellness Challenge Calendar helps you take small steps to get healthy and stay healthy. Print out this calendar and see how many of these small daily challenges you can do this month. You will find they are easy to do and can make a big difference in how you feel!

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5. Evaluate the classes at your local gym and schedule in some classes this week.</td>
<td>6. Plan a weight lifting day today.</td>
<td>7. Go meatless! Eat vegetarian foods the entire day today and see how you feel.</td>
<td>8. Try a new fruit you have never had before.</td>
<td>2. Do something fun outside this weekend.</td>
</tr>
<tr>
<td>12. Enjoy a jog or a run after work today.</td>
<td>13. Use a stationary bike in the gym or take a fun bike ride outside today.</td>
<td>14. Spend your evening creating! Draw, paint, create music, or take some pictures.</td>
<td>15. Try listening to an audio book during a walk today.</td>
<td>9. E-mail a co-worker and thank them for something they have done that you appreciate.</td>
</tr>
<tr>
<td>19. Take some time to look though a healthy cookbook and plan some healthy meals for the week.</td>
<td>20. Add some beans to your dinner for a healthy protein and fiber source.</td>
<td>21. Support causes you believe in by registering for a charity race or walk.</td>
<td>22. Try a new vegetable you have never had before.</td>
<td>23. Schedule some fun, active events outside with family or friends this weekend.</td>
</tr>
<tr>
<td>26. Choose lean healthy meats such as chicken breast, lean ham or roast beef.</td>
<td>27. Have some asparagus to enjoy a green vegetable loaded with vitamins.</td>
<td>28. Try a new healthy recipe for lunch or dinner.</td>
<td>29. Work out your arms using kettle balls at the gym tonight.</td>
<td>30. Evaluate the most helpful tips you used within this calendar and try to implement them next month.</td>
</tr>
</tbody>
</table>

## The August Super Challenge:

Improve your health by exploring some reliable health resources. Evaluate your most recent wellness screening, look at some areas to improve upon and research them using the resources listed in this newsletter.

Count the days... see how you do & how you feel.