Check if Health-Related Content Is Credible

Some of the health-related content you find online is up-to-date and reliable. But some content may be false, inaccurate, or misleading.

It’s essential to evaluate a health claim you read online before you trust it.

Ask these questions to check if a health claim is credible:

**Provider**
- Who’s in charge of the website? Can you trust them?
- Why have they created the website?
- Are they selling something?

**Funding**
- Who’s paying for the website?
- Does the information favor a sponsor?
- Does the website have advertisements? Are they labeled?

**Quality**
- Where does the information come from?
- Is it based on scientific evidence or medical research?
- Is the information up-to-date? When was it written?
- Who wrote the information?
- Did experts review the information on the site?
- Does the website avoid emotional claims?
- Does it avoid making unbelievable claims?

**Privacy**
- Does the website ask for your personal information?
- Do they tell you how they will use it?
- Is there a privacy policy?
Try these tips:

**Look at the "About Us" page** on a website for information to help you answer the evaluation questions.

**Who is the person or organization** writing the content? Type their name into a search engine to see what other people say about them.

**Type the health claim into a search engine** to see if reliable sources share similar information.

**Learn how to make sense of medical research** through the MedlinePlus guide at bit.ly/undmedres.

**Discuss the health claim with your health care professional before relying on it**

Talk to a health care professional like **your doctor or nurse** about your health concerns.

Online information is not a good substitute for medical advice.

Learn more about evaluating health information through MedlinePlus at bit.ly/hi-eval

Sources:
- Office of the Surgeon General
- National Library of Medicine

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