

**GESUNDHEIT.  
EINFACH.  
VERSTEHEN.**



# Search & find

Health information online

AOK Rheinland/Hamburg  
Die Gesundheitskasse.

# Looking for information

People often turn first to the Internet when they have a question about their health. But the information offered by online sources is sometimes false, or even dangerous. So always check exactly who is providing the information.

**Be on your guard – how you can recognise unreliable information:**

- You're made to feel afraid and are urged to accept a specific treatment.
- You're promised a cure for a serious illness.
- The author's position is extreme and they demonise common treatment methods.

# Trustworthy websites

Headache, diabetes, hyperthyroidism: if you're looking for quick and sound information about your health or have received a diagnosis that you'd like to know more about, you can find answers from reliable sources on these pages.

## [informedhealth.org](https://informedhealth.org)

Reliable information about the most common illnesses in Germany can be found here, ordered alphabetically. This website is intended to help users understand the pros and cons of key treatment options and healthcare offerings.



## [gesund.bund.de](https://gesund.bund.de)

As the national health portal, this website provides reliable and easy-to-understand information about health conditions, healthy living, healthcare and digital health.



### Tip!

Add these trustworthy websites to your favourites!

# Using trustworthy websites

Even though Google may be the quickest option – when it comes to your health, you’re better off relying on trustworthy websites. Search engines may provide rapid answers – but it’s often difficult to distinguish sound and trustworthy sources from the incorrect and maybe even dangerous ones.

The following web pages contain information about your health that you can trust.



## Important!

Health information from the Internet is never a substitute for a personal consultation with a doctor. For that reason, don't use the Internet to diagnose any symptoms. If you have any questions, make an appointment to discuss all treatment steps with your doctor.

## [patienten-information.de](https://www.patienten-information.de)

Sorted by topic, this page provides reliable answers to a range of health-related questions.

## [kindergesundheit-info.de](https://www.kindergesundheit-info.de)

This page contains sound information about children's health and development as well as additional tips on many topics – including nutrition and sleep.

## [krebsinformationsdienst.de](https://www.krebsinformationsdienst.de)

The cancer information service offers the latest knowledge, assistance and tailored advice for cancer patients and their families.

## [washabich.de](https://www.washabich.de)

This website translates your diagnosis from medical jargon into easy-to-understand language.

## [bzga.de](https://www.bzga.de)

The Federal Centre for Health Education expert provides information about a range of illnesses and health-related topics, prepared by scientists.

## [rki.de](https://www.rki.de)

The Robert Koch Institute website provides information prepared by scientists about a range of illnesses and health-related topics.

# Using search engines properly

Be aware of the following issues when searching online:



## The best results aren't always at the top.

The search engine doesn't sort the search results by how truthful or trusted the sources are. The top websites in the search have usually paid to be there. Look out for the word 'Ad'.

Tip: don't just read the first ten hits.



## Seals are no guarantee.

Just because a website carries a seal of quality doesn't automatically mean that the information and recommendations it provides are accurate. Be aware of where the information comes from and check the sources if possible.



## Be careful on forums.

Freely accessible Internet forums in which strangers provide advice are not serious sources for answers to your health-related questions. Always be critical!

# Checklist

Did your search return a website that looks trustworthy? This checklist helps you to identify quality content.

- Provider**  
Information on who operates the website and how it's funded can be found under 'Legal notice', 'Contact' or 'About us'.
- Is it up to date?**  
Check the dates on which the texts were published and updated.
- Information on sources**  
Check whether an author and their qualification are specified as well as any scientific sources.
- Language**  
Trustworthy texts are written in an objective and neutral style and technical terms are explained.
- Informative content**  
Ensure that all side effects and treatment costs are openly discussed and explained as well as the consequences of not treating the condition. Promotional content should be clearly labelled as an ad.
- Advertising**  
Be careful if a website is advertising or directly marketing products or services.



## Finding reliable health information

When the first symptoms of illness appear, people's first thought is often to ask the Internet. However, don't type your symptoms straight into a search engine. A range of services are available that provide good-quality, independent information.

AOK-Clarimedis  
Medical information  
by phone  
0800 1 265 265

vigo.de  
The health magazine  
of AOK Rheinland/Hamburg

Source:  
[gesundheitsinformation.de](https://gesundheitsinformation.de)

**AOK Rheinland/Hamburg**  
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