Step 1: Learning About Your Health
- Use MedlinePlus.gov to learn about your health
- Step 2: Getting the Most Out of Your Doctor Visit
- Use MedlinePlus Health Check Tool to assess your health
- Step 3: Your Family History
- Start a personal health journal to keep track of your overall health
- Step 4: Know Your Medications
- Use the Drug Information Portal to learn more about your medications
- Step 5: Taking Action
- Tell a friend about MedlinePlus.gov

Health Trivia
- Use MedlinePlus Health Check Tool to assess your health
- Clicking on a Web ad and missing a turn
- Resources: MedlinePlus.gov

Additional Resources:
- Genetics Home Reference website
- MedlinePlus.gov
- Drug Information Portal website or Pillbox

Health Checks:
- 0 to 499 Points
  - Healthy Sidekick!
- 500+ Points
  - Healthy Hero!