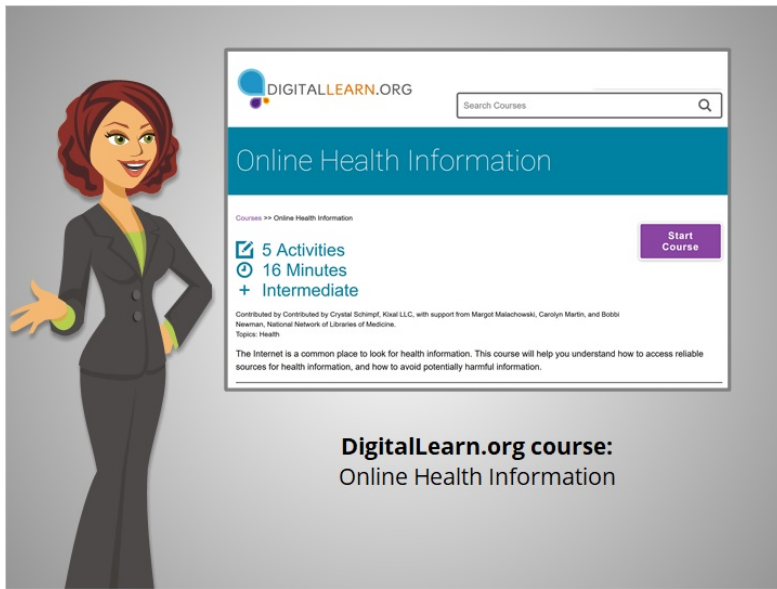


Juanita



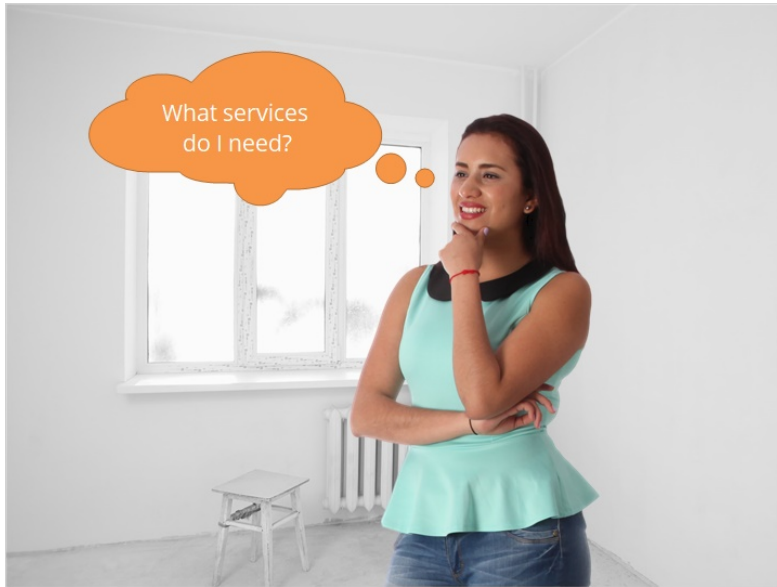
Let's follow along with Juanita as she searches for preventive health information.

Juanita recently enrolled in a health insurance plan through Healthcare.gov. Juanita doesn't have much experience using a computer, since her previous job did not require it, but she's been learning and practicing more at the library. She is becoming more familiar with the support and resources available to her online.

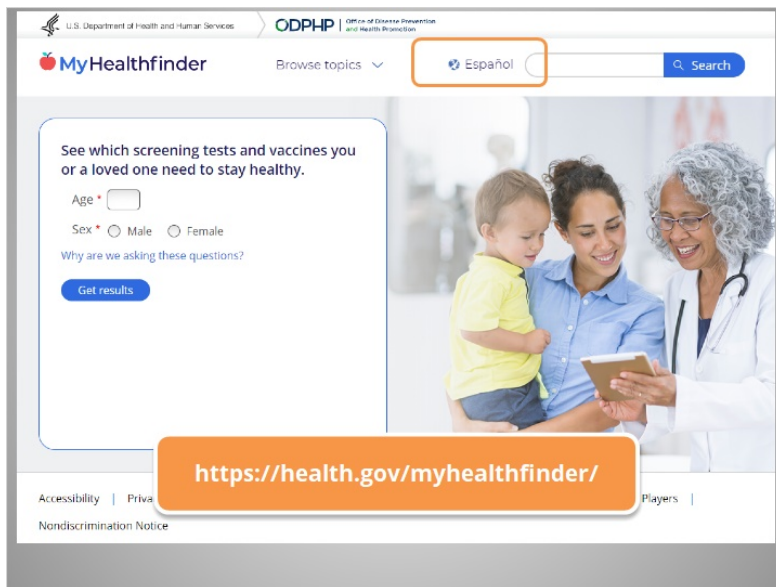


DigitalLearn.org course:
Online Health Information

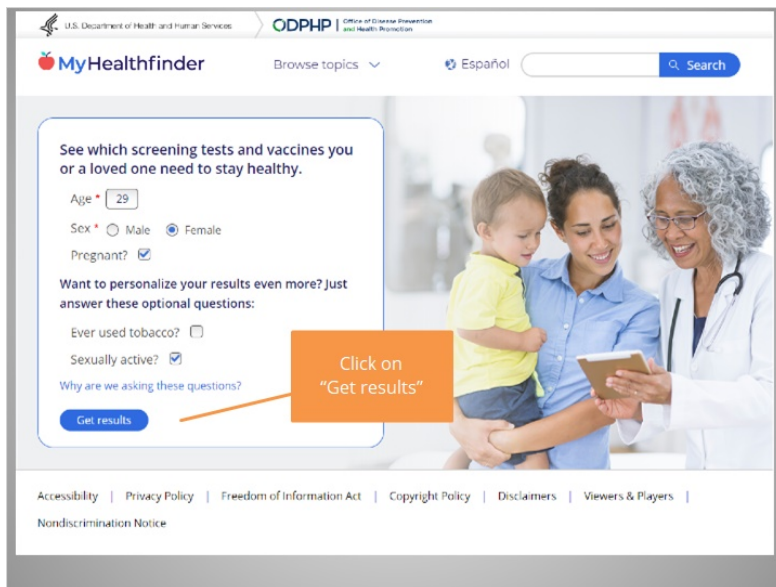
To help support her search for preventive health information, Juanita has just completed the DigitalLearn course, "Online Health Information." The information she finds will help prepare her in her future doctor's appointments during and after her pregnancy to maintain good health. If you are new to searching for health information online, this course is recommended to help you.



Juanita first needs to know what preventive health services she needs before she schedules an appointment with her doctor. Women who are pregnant need services like prenatal care, and their babies need important newborn screenings before and after birth.



Juanita navigates to the website MyHealthfinder at health.gov/myhealthfinder. There is also a link to use the Spanish version of the website, located above the search button for those that prefer Spanish as the primary website language.



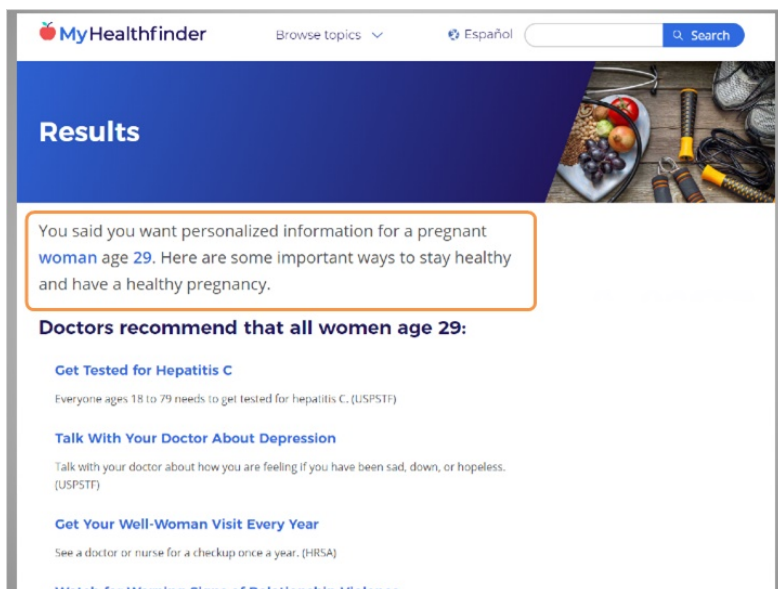
MyHealthfinder gives you personalized recommendations for screenings, vaccines, and other preventive services, so they ask about things like age and sex. They do not share your information with anyone else.

Many recommendations are based on age, so this question is required — you won't get recommendations if you don't answer it.

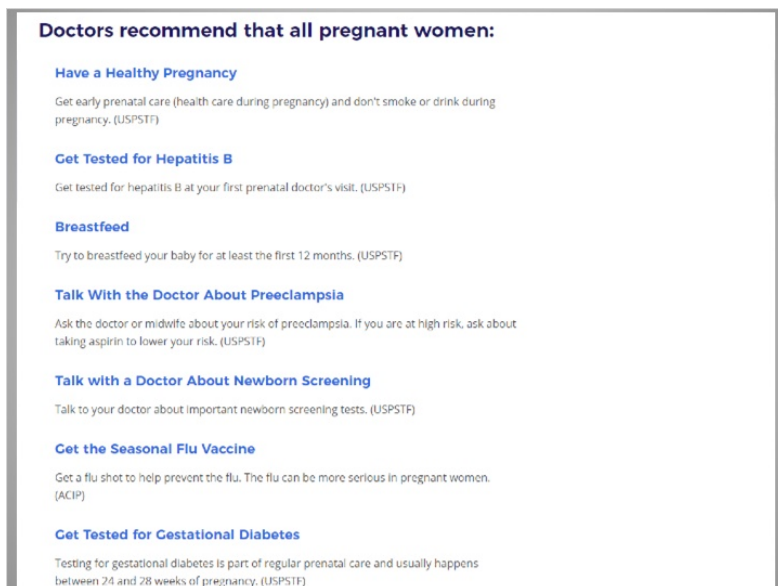
Juanita continues and enters in her age, sex...

... and checks the box next to "Pregnant?". She wants more personalized results, so she also checks "Sexually active?".

Would you help out Juanita, by clicking on "Get results"?



Great job! In Juanita’s results, she sees there are several recommendations based on her age.



As she scrolls down the page, she sees recommendations for pregnant women. Note that health care during pregnancy is called prenatal care. During prenatal care, your physician can find any health problems that may come up for your baby. Early treatment can cure many problems and prevent others.

Based on family history and other risk factors, doctors recommend that some women age 29:

Watch Your Weight

If you are obese, ask your doctor about counseling for obesity. (USPSTF)

Talk with a Doctor if Breast or Ovarian Cancer Runs In Your Family

Talk with your doctor if you have a family history of breast or ovarian cancer. (USPSTF)

Get the Seasonal Flu Vaccine

Get a flu shot to help prevent the flu. The flu can be more serious in pregnant women. (ACIP)

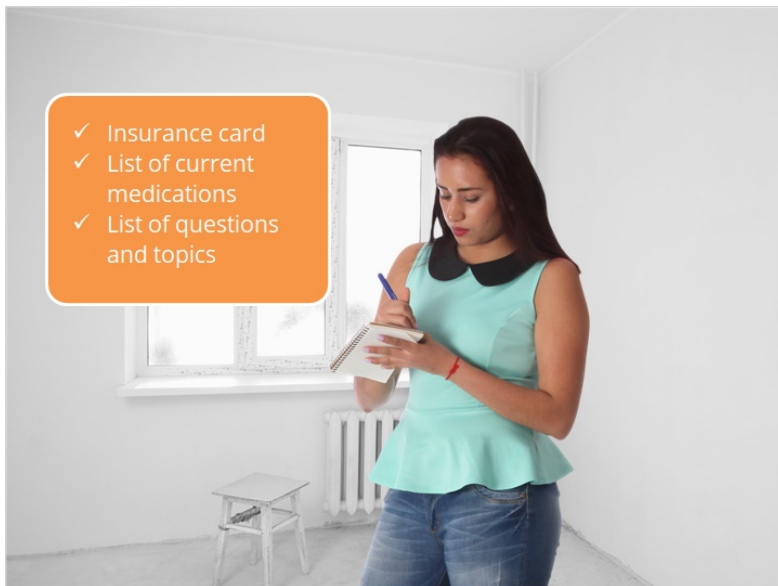
You may also be interested in these health topics:

- [Get Enough Calcium](#)
- [Manage Stress](#)
- [Healthy Eating](#)
- [Get Active](#)

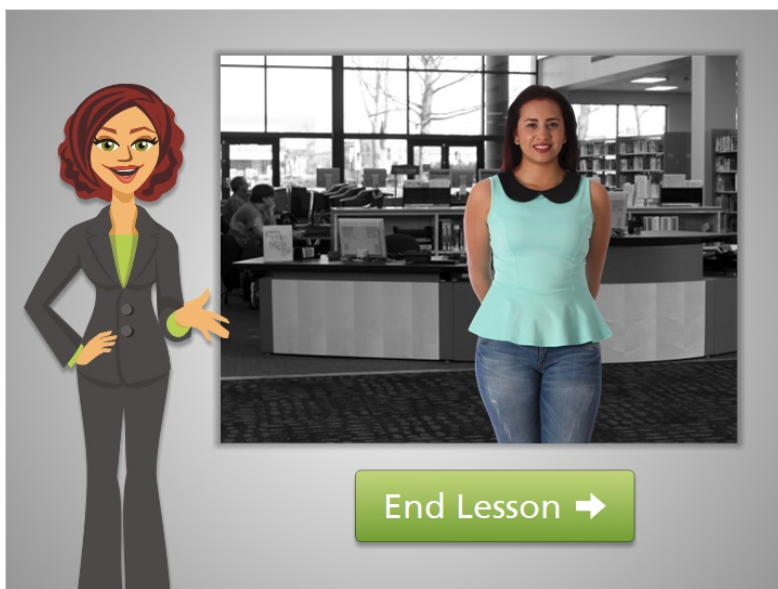
As she scrolls further down the page, Juanita sees other health topics she may be interested in to maintain a healthy lifestyle for herself and for her baby. These include things getting enough calcium, managing stress, getting active and eating healthy. Ask your librarian for more information on these topics and more. Your library has access to many health-related resources that will be useful to you on your health journey.



Preventive care includes recommendations from your doctor and making your own healthy lifestyle choices to maintain good health.



Before her first prenatal appointment with her doctor, Juanita makes sure to prepare some important information before her visit. Juanita will bring her insurance card with her, along with a list of her current medications she takes. She will also prepare a list of questions and topics to discuss during her visit; she can easily refer to her notes from the appointment at a later time.



Juanita is prepared for her next visit with her doctor. Click on the green button to end this lesson.