

Stay informed, stay healthy

Consumer Health Ultimate



- **Find comprehensive health and wellness resources** including evidence-based health reports, pamphlets, fact sheets, e-books, magazine articles, videos and animations.
- **Search or browse with ease** using the Explora research experience.
- **Empower your health journey** with trustworthy content on the topics that matter most to you.

Note: Information provided in this database should not be viewed as a means for self-diagnosis or a substitute for professional medical advice, diagnosis or treatment.

Topic categories:

- Children, Youth and Families
- Conditions and Diseases
- Drugs – English and Spanish
- Environmental and Public Health
- Food, Nutrition and Exercise
- General Wellness
- Health of Older Adults
- Mental Health
- Pregnancy and Childbirth
- Substance Abuse