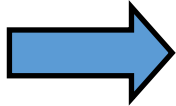




Lisle Library District Cardholders:

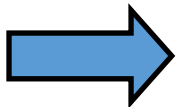
Health and Wellness is a comprehensive resource that provides integrated access to medical, health, and wellness



Access Steps:

From Your Computer:

- Go to: lislelibrary.org/LLDdatabases
- Select “Health and Wellness.”
- Enter your library card number and PIN. Click “Login.”



Search for Health Information:

- Type a word or phrase into the search box to begin your research. Search results will automatically be sorted by format, such as magazine articles, academic journals, and more.
- Or use “Browse All 382 Topics” at the bottom of the home page to select a specific medical topic.
- Click on the title of an article, and the “Explore” column next to the article has “More Like This” or “Related Subjects” to expand a search.
- “Topic Finder” finds target words from the best results in a search to help locate additional resources.
- Click on “Tiles” or “Wheels” graphical displays to locate the most commonly used terms to narrow search results to the documents also containing that subject or term.
- “Cite” on the top toolbar correctly formats a search result to export into various bibliographic tools.
- Email, download, or print results before ending your session.

In a book, chapter, or article page, use “Highlights and Notes” to identify important parts in the content by using the highlighting tool and add typed notes to complement your research. Email, download, or print your saved “Highlights and Notes” before ending your session.

Need More Help?

Email: adultservices@lislelibrary.org to connect with LLD staff