

# HealthyMe@UMB

Your Destination for Health Information

The Health Sciences and Human Services Library is pleased to provide you with a portal of valuable health and wellness information.

## *Be Informed . . .*

Find general health information, as well as details on specific conditions

## *Be Smart . . .*

Look up prescription and over-the-counter drug information

## *Find Help . . .*

Locate doctors, dentists, hospitals, clinics and other related listings

## *Take Control . . .*

Link to nutrition, wellness, and fitness information

## *Think UMB . . .*

Connect to health-related resources on campus, including the Athletic Center and the Counseling Center, as well as to Human Resources and benefits information

<http://www.hshsl.umaryland.edu/HealthyMe>