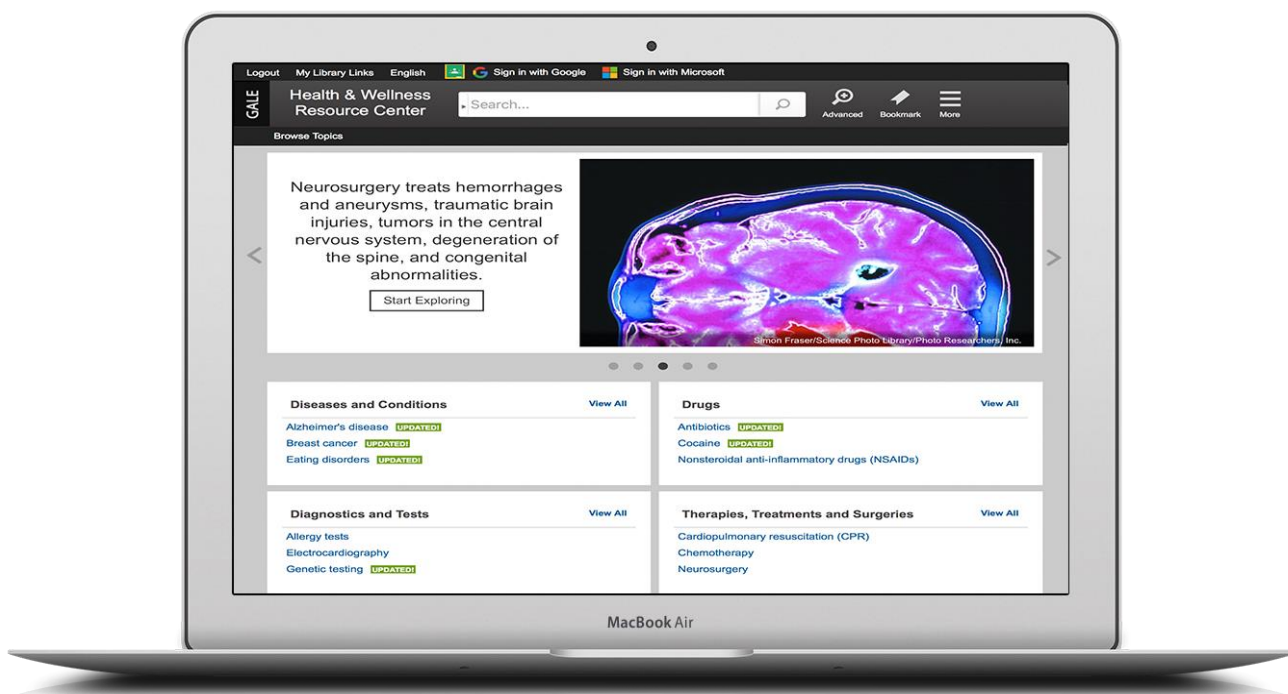


HEALTH & WELLNESS RESOURCE CENTER

Your trusted source for health information

Health & Wellness Resource Center puts authoritative, up-to-date information on health and wellness topics at your fingertips. Inside you'll have access to full-text medical journals, magazines, reference works, multimedia, and much more. Whether you need answers to questions you don't feel comfortable asking your doctor or want to browse through current topics of interest, *Health & Wellness Resource Center* provides the reliable information you need.



SPOTLIGHTED TOPICS

Select **Start Exploring** to view spotlighted topics found in the image carousel. Use the dots to move through the featured spotlights.

TOPIC PAGES

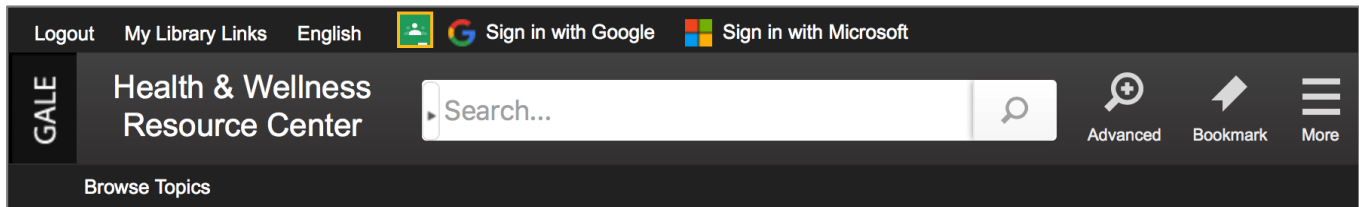
Link directly into popular topics from the home page or click **'Browse Topics'** in the banner to view all.

ORGANIZED CONTENT

Topics grouped into four types: **Diseases & Conditions; Drugs; Diagnostics & Tests; and Therapies, Treatments & Surgeries.**

SEARCHING CONTENT

Start your research with a search is best if you know what you're interested in. *Health and Wellness Resource Center* offers several search paths:



Basic Search

Use the search box on the homepage and in the banner of most other pages to perform Basic Searches.

Advanced Search

Use **Advanced Search** to perform more complex searches, for example, when you want to limit by Content Type, Publication Date, Document Type, Language, or Publication Title. In the Advanced Search example to the right, a search on asthma is being performed on articles from *Prevention* that have been published since January 1, 2016.

Publication Search

Use **Publication Search** to check if the publication is available in the database or to find back issues. The publication details page provides information about the publication, links to back issues, and the ability to search within the publication.

Subject Guide Search

Use the **Subject Guide** to locate documents using Gale's hierarchical subject guide; this provides very relevant results. The Subject Guide also offers subdivisions which are a useful way to narrow your results.

BROWSING CONTENT

Topic Page

Topic pages are hand selected content that is focused on a popular health subject. Each topic page will begin with an overview essay that provides a framework for understanding the topic. Additional content to help discovery and understanding of the subject is organized into the following categories:

- **Reference:** Overviews from reference books like *The Gale Encyclopedia of Medicine* and other top reference works.
- **Magazines:** Top general interest health publications.
- **Images:** Photographs, illustrations, diagrams, and more.
- **Videos:** Stream video content from reputable research sources.
- **News:** News articles from a variety of health-related newsletters, newspapers, and newswires.
- **Audio:** Audio from reputable news and research sources.
- **Academic Journals:** Articles from academic, scholarly, and peer-reviewed publications.

The screenshot shows the Gale Health & Wellness Resource Center interface. At the top, there are links for Logout, My Library Links, English, and Sign in with Google/Microsoft. The search bar contains "Asthma". Below the search bar, there's a "Browse Topics" section. The main content area features an illustration of the human respiratory system with labels for the trachea, bronchi, and bronchioles. To the right of the illustration, the title "Asthma" is followed by a green "UPDATED!" badge. Below the title, there's a paragraph of text explaining that asthma is a group of recurrent inflammatory diseases causing wheezing or gasping for air. Another paragraph describes how asthma causes changes in the airways, making them hyper-reactive to stimuli. A "Read More" button is located below the text. Below the main content, there are two columns of related content. The left column is titled "REFERENCE 43" and includes sections for "Asthma" (with a "CareNotes" link), "Moderate and severe persistent asthma" (with a "CareNotes" link), and "Metered dose inhaler use". The right column is titled "MAGAZINES 1745" and includes sections for "Asthma and innate immunity; current perspective" and "Molecular basis of superoxide dismutase alterations in Spirometry proven bronchial asthma".

WORKING WITH RESULTS

Search Results View

Search results are organized by content type, which may include reference, magazines, videos, audio, academic journals, and more.

The screenshot shows the Gale Health & Wellness Resource Center search results view. The search bar contains "Asthma". Below the search bar, there's a "Search Terms: Topic Search (Asthma)" section. The results are organized by content type. The "Reference" section is highlighted, showing 140 results. Below this, there's a list of search results, including "Asthma consult" and "CORTICOSTEROID (Inhalation route)". To the right of the search results, there's a "Content Types" sidebar. The sidebar lists various content types with their respective counts: Reference (43), Magazines (1,745), Videos (6), Images (1), Audio (19), News (11,308), and Academic Journals (1,945). Below the content types, there's a "Search within results" section with a search bar. Below that, there's a "Limit Search by:" section with checkboxes for Full Text, Contains Images, Consumer Health, and En Español. Below the limit search by section, there's a "Subjects" section with a plus sign. Below the subjects section, there's a "Publication Title" section with a plus sign. Below the publication title section, there's a "Document Type" section with a plus sign.

WORKING WITH DOCUMENTS

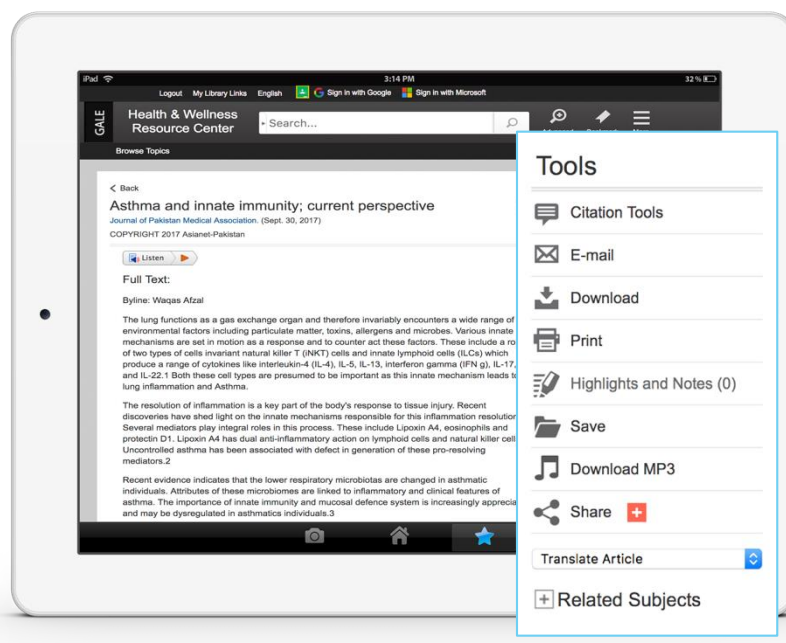
Document View

Clicking on an entry's title takes you into the full content of that entry. There you'll have several options for working with the entry.

Tools

Manage the content you are currently viewing and make its contents more accessible by using the features in the Tools box:

- **Citation Tools:** Generate a citation using MLA, APA, or Chicago style. Export it for use in another tool or simply copy and paste it to your bibliography.
- **Listen:** Click the Listen icon to hear the document read aloud. Adjust the speed, highlighting, and enable enhanced text visibility.
- **Highlights and Notes:** Displays the passages highlighted within the text and notes you've added to the document. For more on this feature see below.
- **Share:** Share on different sharing sites, including Facebook, Pinterest, and Twitter.
- **Translate:** Translate the open document into different languages including Spanish, French, Chinese, Arabic and many more. This is a machine translation and is best for native speakers.



Google Drive/Microsoft OneDrive

Log into your Google or Microsoft account at the top of any page within the resource. Once logged in you can download articles directly to your Google Drive or Microsoft OneDrive. The document's text, images, highlights and notes (if created), and source citation will be added to a newly created folder in your chosen cloud-based storage tool. There you can take advantage of all the tools in Google Docs or Word Online like commenting, sharing, and editing. The document will remain in your drive until you choose to delete it.

Highlights and Notes

Click and drag to highlight text and add corresponding notes to your selection. Highlights and notes will appear at the bottom of the original text of any document you've downloaded to your Google Drive or Microsoft OneDrive. You can access a summary of your highlighted text and notes by clicking Highlights and Notes from the More button in the banner. Download your selected content and notes to your Google or Microsoft drive, print, or email them to retain access after your browsing session. Once you leave the database, any content that you have saved is erased to protect your privacy.

Bookmarks

Create Bookmark at the top of any page to create a persistent URL to the content you've selected. Use the URL to link from websites, blogs, learning management systems, social media, or anywhere else you can post a link. You and anyone you've shared it with can use this link to revisit content after you've ended your current session without having to log back in to the library page.

If you require further assistance with [Health and Wellness Resource Center](#), please ask your librarian or visit gale.com/training