Consumer Health Information Resources

Consumers are exposed to an abundance of information on the net as well as an increasing number of mobile apps. All apps listed are available free from the Apple Store and the Google play store. This concise list aims to highlight a few reputable Australian resources.

Websites, Databases & Mobile apps

Australian States

Each State Government hosts a website which contains a wealth of general and specialised health information as well as information on community services. A number of mobile apps have also been developed which provide quick and efficient access to information.


- The Health & Fitness app has been developed by Queensland Health as part of the Healthier, Happier campaign to help people of all shapes and sizes do simple, everyday things to improve the way they look and feel.

- VacciDate is a tool to help manage scheduled vaccinations for children up to 4 years of age. It enables the user to enter a profile for each child in the family, enter appointment dates, receive reminders before the next vaccination is due and store a record of vaccinations.

- The Qld. Ambulance Service (QAS) Field Reference Guide is an abridged version of the QAS Drug Therapy Protocols and Clinical Practice Guidelines and charts. Please note, this app is for QAS paramedics.


- MCH (Maternal and Child Health) is developed by the Victorian Dept. of Education and Training providing information related to children’s age and related developmental stages, and a tool to ask the “Virtual MCH Nurse” questions.

- The SunSmart app makes it easy to be prepared and take precautions against sun exposure all year round. The app which was developed by the Cancer Council Victoria provides information on when you do and don’t need sun protection as well as how the sun provides vitamin D.

8700 gives the kilojoule (kJ) facts on over 3,000 Australian fast food products, helps you find how many kJ you consume in a day to maintain a healthy weight, calculate how much energy you burn through everyday activities and a tool to convert calories in to kJ.

Federal government & other Australian developed resources

**Federal government** - [healthdirect](https://www.healthdirect.gov.au/)

*healthdirect* is an Australian Federal Government health portal with an extensive range of links and information – Health topics (A-Z), Medicines, health organisations, including Aged Care information, online Symptom Checker and an excellent list of Australian health and wellbeing apps [https://www.healthdirect.gov.au/health-and-wellbeing-apps](https://www.healthdirect.gov.au/health-and-wellbeing-apps)

Federal government & other Australian developed resources

**healthdirect** is Australia’s main free health app. The Symptom Checker allows consumers to check symptoms and get advice on the next steps, find Australian wide health services, times and locations.

**DIP 4 KIDS** can assist in decisions about paediatric diagnostic imaging including CT for over 20 clinical conditions and injuries occurring in children and young people, plus information on radiation levels associated with diagnostic imagining examinations and other devices.

**Medicine Wise**: Assists individuals or families to manage their medicines using the MedicineList+. Users can record what a medicine is used for, how much to use and when to use it.

**Express Plus Medicare** provides access to Medicare claim history, ability to update contact and bank account details and much more. There are 25 Medicare items that can be claimed using the app that do not require a receipt.

**Youthbeyondblue The Check-in** is designed by beyondblue to help take the fear out of having a conversation with a friend who might be struggling. Four easy steps can help plan an intervention, strategies on how to approach the person, what to say and how to offer support.

**Emergency +** uses the phone’s GPS functionality to allow callers to provide their location information as determined by their smart phone. Also includes SES, Police Assistance Line and other numbers as options, so non-emergency calls are made to the best number.

International websites

There are some excellent US (e.g. MedlinePlus) and UK (e.g. NHS Health A-Z) websites. However consumers need to be aware of the country of origin of the website or mobile app they are using as it will affect things such as spelling and medication branding, dosage and professional registrations.

Further Assistance

There are many other quality consumer health sites. If Clinicians require further information or sources please contact the Librarian. Health consumers are advised to consult their health professional.