



<https://www.webmd.com>

WebMD Living Healthy

Learn to live a healthier life, both for yourself and your family

There are many items offered on WebMD one of which is “Living Healthy”. Living Healthy offers information and tools to help you discover new ways of living an inspiring life through natural beauty, nutrition and diet, better relationships and an active lifestyle.

How to use WebMD Living Healthy

1. Type www.webmd.com into your web browser and press the enter key



2. Highlight and click on **LIVING HEALTHY**



NOTE: Placing your cursor over the words "LIVING HEALTHY" without clicking on it will bring up a box with areas of interest. You can quickly navigate to one of these areas by clicking on its link. For example clicking on “**Women’s Health**” will take you directly to the **Women’s Health** page.

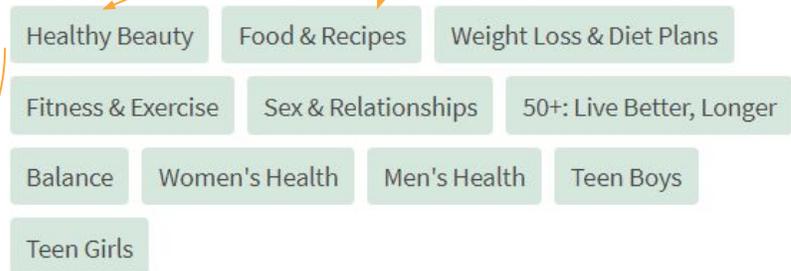


3. Once you click on **LIVING HEALTHY** you are presented with a screen with multiple sections:

SECTION 1: At the very top, are quick links to all the **LIVING HEALTHY** main topics



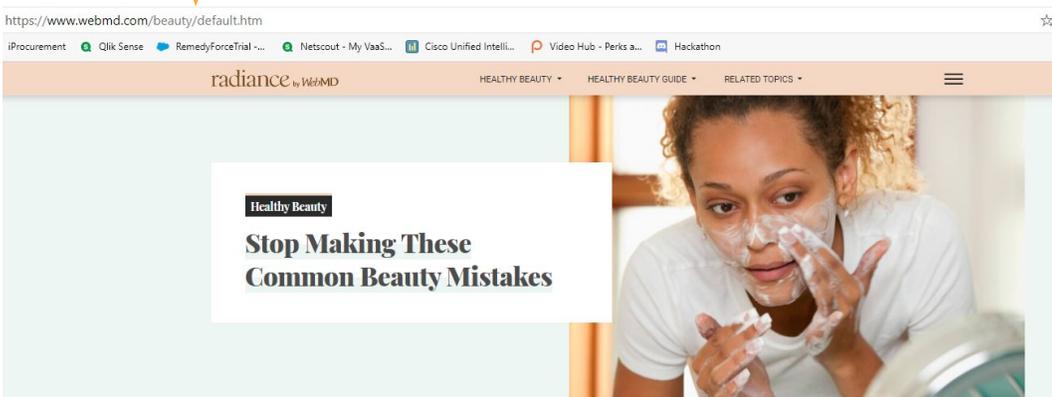
Click on the topic of interest to navigate to a page for more information and tools



Living Healthy

Find your best self here. Discover new ways to live an inspiring life through natural beauty, nutrition and diet, an active lifestyle, and better relationships.

Clicking on "**Healthy Beauty**" brings you to a page with information on Face & Body care



Face & Body



SLIDESHOW

Your Lifestyle and Your Skin

Learn how what you eat, where you go, and how you feel makes an impact.



ARTICLE

In a Skin Care Rut?

Give your routine a tune up with these 7 best natural ingredients for your skin.



QUIZ

The Truth About Cosmetic Surgery

Separate myths from facts about breast implants, eyelid surgery, and more.



ARTICLE

Determining Your Skin Type

Normal, oily, dry, combination, sensitive? Here's what they all mean.

Trending Topics

Laser Hair Removal

Varicose Veins

Stretch Marks

Microdermabrasion

Sun Safety

Cosmetic Fillers

SECTION 2: As you scroll down the **LIVING HEALTHY** page there are more resources and ways to navigate to areas of interest. This sections shows the following:

- Popular Tools
- Diet, Food & Fitness
- Women, Men & Teens
- Beauty, Balance & Relationships

And an opportunity to subscribe to WebMD Newsletters

The screenshot shows the 'Living Healthy' page layout. At the top, there's a 'Popular Tools' section with icons for Recipe Finder, Food Calorie Counter, Fitness Calorie Counter, and BMI Calculator. Below that is the 'Diet, Food & Fitness' section, which is divided into three columns: 'DIET & WEIGHT MANAGEMENT', 'FITNESS & EXERCISE', and 'FOOD & RECIPES'. Each column contains several article links. At the bottom of the page is a 'Subscribe to WebMD Newsletters' form with checkboxes for 'Food & Fitness', 'Women's Health', 'Men's Health', and 'Good Health', an email input field, and a 'Subscribe' button. Two orange arrows point from the text on the right to the 'FOOD & RECIPES' section and the 'Subscribe' button.

Click on the topic of interest to navigate to a page for more information and tools

Popular Tools:

- Recipe Finder** Click here to search for delicious recipes by diet preference, cuisine, holidays etc....with nutrition details.
- Food Calorie Counter** Click here to search for and calculate calories, fat, carbs, protein and other nutrients in food and drinks, and to tally your daily caloric intake.
- Fitness Calorie Counter** Click here to see calories you can burn per exercise routine and calculate calories you burn during your daily workout routine.
- BMI Calculator** BMI stands for Body Mass Index and measures your healthy weight based on your height and is sometimes used to judge your risk for certain illnesses. Enter your data here to see your BMI.

SECTION 3: As you continue to scroll down the **LIVING HEALTHY** page, the next section provides quick links to all the topics and resources described in Section 1, along with featured items/articles.

Click on the header topic to navigate to a page for more information and tools

Women, Men & Teens



WOMEN'S HEALTH >

Women Get Worse Care for Heart Attack

Video on Kegels: What are They and Why They're Important

Biases Mean Men Dubbed 'Brilliant' More Often Than Women

No Asbestos Found in New Tests of Baby Powder: J&J

MEN'S HEALTH >

Leonardo's Vitruvian Man Close to Modern Measures

Stop Avoiding That Doctor's Appointment

Could Dad-to-Be's Health Affect Baby's Health?

Male Body Image

TEEN HEALTH >

Opioid Use By Teens a Red Flag for Other Dangers

Lesbian, Gay Youth at Higher Risk for Self-Harm

Study: Less Sleep For Teens = More Unsafe Sex

Teens Uniquely Vulnerable to Marijuana's Effects

Beauty, Balance & Relationships



BEAUTY >

Slideshow: Surprising Uses for Tea Bags

Slideshow: Surprising Uses for Cornstarch

DIY Body Scrubs

7 Best Natural Ingredients for Your Skin

BALANCE >

Golden Retriever Comforts California Firefighters

Many Stay Optimistic for Most of Their Lives

Does Having a Sense of Purpose Improve Your Health?

Video on: Exploring a Sound Bath

SEX & RELATIONSHIPS >

Sex Video on How a Woman Reaches Orgasm

More Young Americans Are Going Without Sex

Is Your Body Aging Faster Than It Should Be?

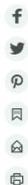
Slideshow: Foods to Eat and Skip Before Sex

Click on a sub-topic to navigate directly to that sub-topic

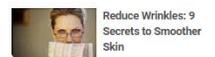
Healthy Beauty [Feature Stories](#)

7 Best Natural Ingredients for Your Skin

By Liesa Goins



TODAY ON RADIANCE



SECTION 4: As you scroll to the very last section of the **LIVING HEALTHY** page, WebMD provides more useful healthy living information and tools.

The screenshot shows the top navigation bar with social media icons for Facebook, Twitter, and Pinterest, followed by the text "WebMD Living Healthy". To the right is a "SUBSCRIBE" button and a search box with a magnifying glass icon. Below this is a section titled "Health Solutions FROM OUR SPONSORS" with four columns of links: Dupuytren's Treatment, Safe ED Meds Online, Colorado Cancer Centers, and Myths About Epilepsy. The next section is "More from WebMD" with four columns of links: MS: Tools to Keep Your Mind Sharp, What Are Blocked Hair Follicles?, Foods and Ulcerative Colitis, and How to Treat a Crohn's Flare.

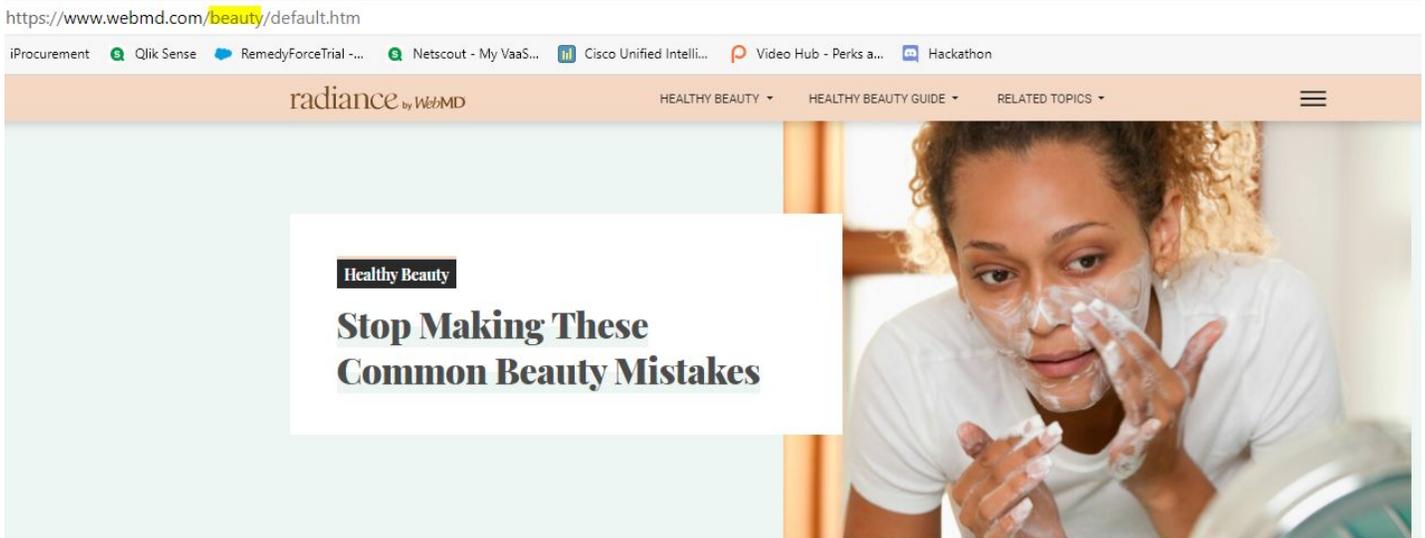


Now, let's have a look in detail at one of the **HEALTHY LIVING** topics. We will select **Healthy Beauty** as our example. Click on the "Healthy Beauty" box as circled below:

The screenshot shows the "Living Healthy" section of the WebMD website. The "Living Healthy" title is followed by a descriptive paragraph: "Find your best self here. Discover new ways to live an inspiring life through natural beauty, nutrition and diet, an active lifestyle, and better relationships." To the right is a grid of category buttons: "Healthy Beauty" (circled in red), "Food & Recipes", "Weight Loss & Diet Plans", "Fitness & Exercise", "Sex & Relationships", "50+: Live Better, Longer", "Balance", "Women's Health", "Men's Health", "Teen Boys", and "Teen Girls". At the top of this section is a navigation bar with links for "CHECK YOUR SYMPTOMS", "FIND A DOCTOR", "FIND A DENTIST", "CONNECT TO CARE", and "FIND LOWEST DRUG PRICES", along with "SIGN IN" and "SUBSCRIBE" buttons. Below these are category tabs for "HEALTH A-Z", "DRUGS & SUPPLEMENTS", "LIVING HEALTHY", "FAMILY & PREGNANCY", and "NEWS & EXPERTS", and a search box.



Clicking on "Healthy Beauty" on the **LIVING HEALTHY** page brings you to "radiancebyWebMD".



Clicking on any of these heading provides a listing of subtopics



Here I have clicked on **HEALTHY BEAUTY** and displayed are subtopics from which to choose:

- **Home** keeps you in the main **HEALTHY BEAUTY** page
- **News** takes you to another page with featured articles, *etc.*

Click on each to explore

NOTE: All main topic areas (Food & Recipes, Balance *etc.*) have a similar look, feel and navigation

Healthy Beauty also has several sections and resources. Scroll down the page and explore. Click on any items of interest.

Face & Body



SLIDESHOW

Your Lifestyle and Your Skin

Learn how what you eat, where you go, and how you feel makes an impact.



ARTICLE

In a Skin Care Rut?

Give your routine a tune up with these 7 best natural ingredients for your skin.



QUIZ

The Truth About Cosmetic Surgery

Separate myths from facts about breast implants, eyelid surgery, and more.



ARTICLE

Determining Your Skin Type

Normal, oily, dry, combination, sensitive? Here's what they all mean.

Trending Topics

Laser Hair Removal

Varicose Veins

Stretch Marks

Microdermabrasion

Sun Safety

Cosmetic Fillers

Breast Reduction Surgery

Cellulite

Chemical Peel

Skin Care Product Ingredients

Electrolysis

Wrinkles

Hair & Nails



ARTICLE

All About Laser Hair Removal



QUIZ

The Truth About Your Tresses



SLIDESHOW

15 Tips for a Great Manicure Every Time

Makeup & Cosmetics

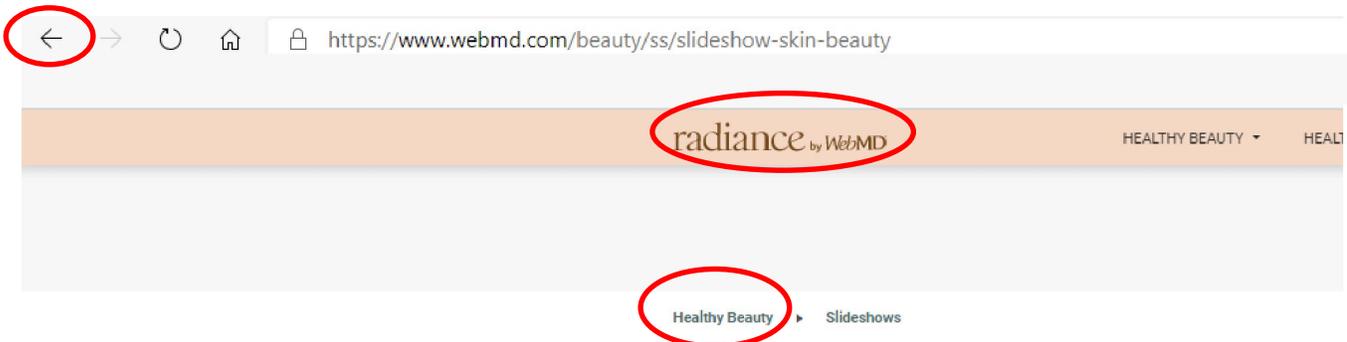


ARTICLE
4 Ways Retinoids Could Help Your Skin



QUIZ
How Much Do You Know

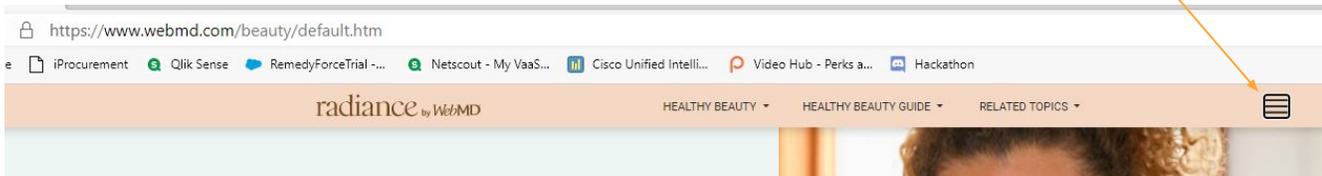
To go back to the previous page simply click on the “back” arrow of your browser **OR** click on the main icon on the page (see areas circled below)



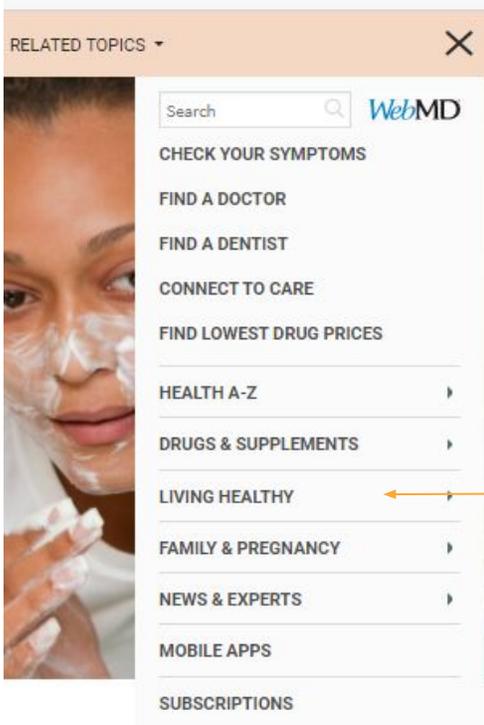
Now let's try another topic.....

Let's navigate back to the main **LIVING HEALTHY** page. You can either click on the "back" button on your browser **OR**

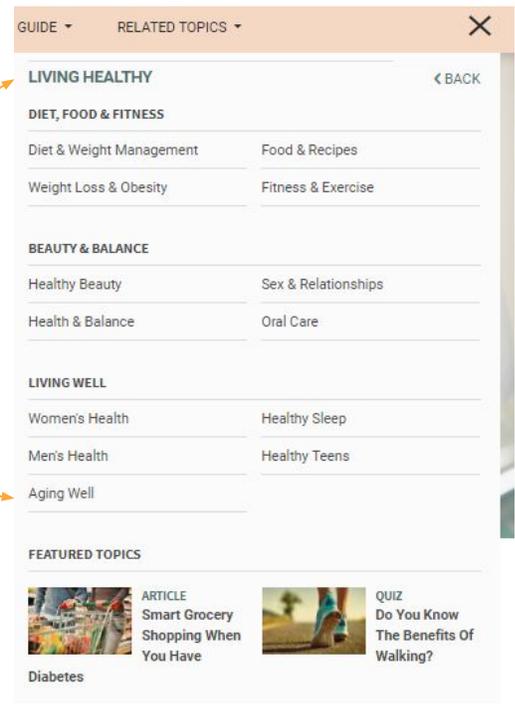
Click this box in the right corner of your screen



If you click the box, you will be presented with this drop down...



Then click here



Then either click here to go to the main **LIVING HEALTHY** page

OR

Click on another topic of your choice
...Let's try "**Aging Well**"

If you chose “Aging Well” you will be presented with this page:

COMPASS by WebMD

HEALTHY AGING ▾ HEALTHY AGING GUIDE ▾ RELATED TOPICS ▾

Healthy Aging

Your Body As You Age: What's Normal, What's Not?

Healthy Aging Basics Preventive Care Relationships & Sex

Caregiving Planning for the Future



Food & Fitness



SLIDESHOW

Best Foods as You Age

From sweet potatoes to spices, here's what you should be eating.



SLIDESHOW

Taking Your Vitamins?

Find out which ones will benefit you – and which won't.



ARTICLE

Why Exercise Matters

Learn how working out benefits your body and your brain, plus ways to work it into your every day.



ARTICLE

The Facts About Omega-3s

Why you should add more fatty acids to your diet as you age.

Top Search Terms For Healthy Aging

Now let's practice by clicking to select the differing categories...there are plenty from which to choose ... I have highlighted a few with the red boxes.

Don't forget to scroll down the page for more interesting topics and tools.

Congratulations you are well on the way to exploring WebMD's LIVING HEALTHY!