



How can I tell if the health info on a website is trustworthy?

YOU'RE RIGHT to be skeptical. "The potential for things to look legit but not be is really tremendous," says Sarah Nosal, MD, an assistant professor of family medicine at Mount Sinai Hospital in New York City.

The good news: A few steps can help you find accurate intel. First, be aware that Google is not always the best place to search. You may end up at commercial websites (identified by URLs ending in .com), which may focus on selling products. So scrutinize the mission of the site owner or sponsor, and be skeptical if a site offers quick and easy solutions.

For more reliable information, begin with websites run by government agencies (at .gov URLs), medical associations (often .org), or academic institutions (.edu). Consider, for example, medlineplus.gov, which is useful for checking symptoms and conditions; cdc.gov for information about public health, including vaccines; cancer.gov for the latest on cancer treatments, risks, and symptoms; and heart.org, run by the American Heart Association, for guidance on heart health. The Medical Library Association also lists

credible health sites at mplanet.org/page/top-health-websites. Your doctor may even have an online patient portal that includes links and/or answers to less urgent questions, as well as a way to leave a note or question for your doctor directly. But no matter what you read online, talk to your doctor about your concerns.

When is the best time to get a deal on a 2024 vehicle?

FEBRUARY IS USUALLY a good time to buy. Last year CR found that 2023 models were discounted 4 to 8 percent off the sticker price during Presidents Day sales. Matt Jones, senior director of industry and dealer relations at TrueCar, which tracks industry trends, says that discounts this year should be similar, with even more incentives (like cash-back offers or free add-ons), particularly for more expensive vehicles. "Presidents Day sales offers start to roll out in the beginning of February," he says. Dealerships also tend to offer comparable discounts during Memorial Day and Labor Day weekends.

But Gabe Shenhar, associate director at CR's Auto Test Center, advises car buyers not to rush because of a holiday promotion. "It's better to take the time to research your options before buying," he says.

