

McMaster Optimal Aging Portal

McMaster Optimal Aging Portal (<http://www.mcmasteroptimalaging.ca>)

- Scientific evidence about how to stay healthy, active and engaged as we grow older
- A wealth of content specifically for citizens
- Additional content for clinical, public health and policy professionals

Three types of content for citizens:

- **Evidence Summaries:** Key messages from scientific research that's ready to be acted on
- **Web Resource Ratings:** Evaluations that tell you whether free health resources on the internet are based on scientific research
- **Blog Posts:** Commentaries on what the scientific research on a topic actually means and why good science matters

Additional content for professionals: Ratings of and links to the best scientific evidence on clinical, public health and health policy questions

Visitors to the Portal who have not registered are still able to read the Blog Posts and browse through the titles of Evidence Summaries, Web Resource Ratings and research articles.

Why register?

Registration is free and easy, and gives you access to search the full content in ways that best suit your information needs.

You can easily search using our list of topics or by entering search terms, to retrieve Evidence Summaries, Web Resource Ratings and Blog Posts prepared for citizens, or to retrieve full research articles written for professionals.

Once you're registered and logged in, you will have full access to the best available research evidence related to optimal aging and drawn from three best-in-class resources:

- **McMasterPLUS™** for clinical questions (to improve your and your family's health)
- **Health Evidence™** for public health questions (to improve your community's health)
- **Health Systems Evidence** for health system questions (to improve what your health system can do for you).

You can also sign up to receive email alerts containing links to newly prepared Evidence Summaries and Web Resource Ratings, or to newly identified research that is specific to the topics of most interest to you.

Visitors to the Portal who have not registered are still able to read the Blog Posts and browse some content, but you will need to register and log in to run searches or view all of the Evidence Summaries, Web Resource Ratings and thousands of research articles.

Register Online

<http://www.mcmasteroptimalaging.org/account/register>

What's next?

Once you've provided the information requested, an email will be sent to the address you used. A link in that email will take you to your account activation page where you can select different ways to explore and learn from the Portal.



McMaster Optimal Aging Portal