



Health99 Education Resource

The tips of Q Bao's long-lasting health



Comprehensive health education
information platform



Health 99 Education Resource

Always guard your health



I am Q Bao, I will share some health tips.
Follow me to visit the Health 99
Education Resource website

健康Q寶貼圖下載



The website features a top navigation bar with links for English, 離開這裡, 網站搜尋, 最新消息, 健康宣導, 搜尋, 電子報, 會員專區, 健康資訊, 講主題, 教教材, 讀專文, 來健檢, 發e卡, 健康知識, 免費癌症篩檢資格, 大家掌握了沒有?, 請問調查, 視聽, and 健康資訊。

The main content area includes a banner for "新北四季好食材 銀髮族糖尿病食譜", a "我要索取" button, and sections for "最新消息" (including items like "全國社區血壓測量地圖" and "秋冬季節易空品狀況不佳"), "宣傳資源" (including "本項服務禁止規範", "氣候變遷與慢性病防治", and "減鹽減油手冊"), and "健促資訊" (including "為愛保重 健檢照護您與摯愛的家人!").

Health99 Education Resource Category



Talking Topics

The topics of health education materials



Health Checking

Simplified online health check



Reading Articles

Correct health education knowledge



Education Materials Search

Electronic and physical education materials service



Watching News

Focus on the latest health information



E-card

Health promotion and festival blessing

Q Bao's health tips

① Watching News Never lost the top news



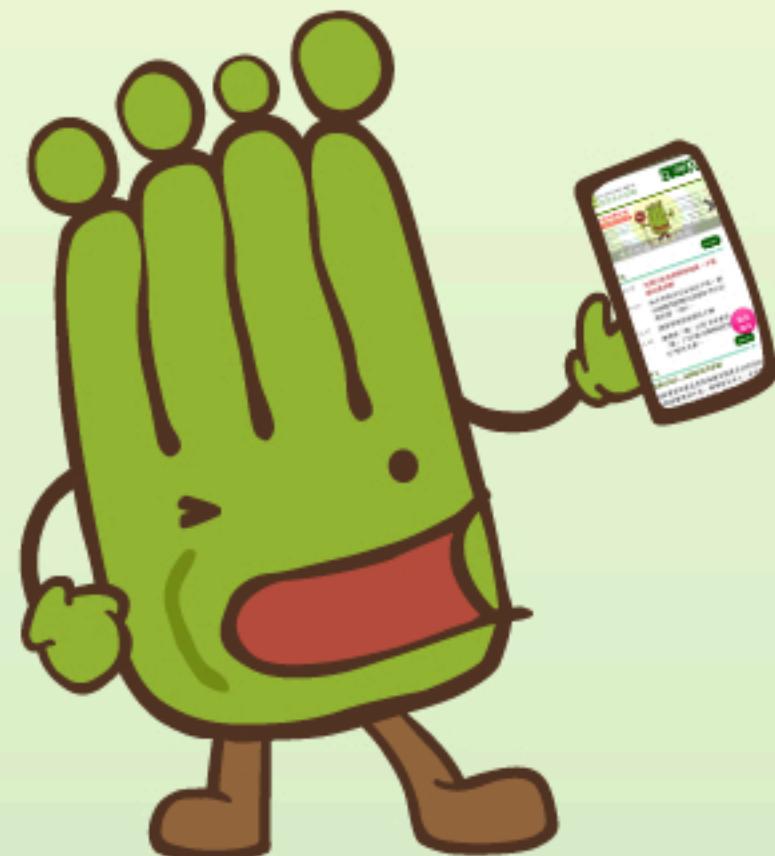
The screenshot shows the homepage of the Health99 website. At the top, there is a navigation bar with links to English, About Us, Website Guide, and Home. Below the navigation bar is the Health99 logo and a search bar. The main content area features a blue wavy background with a white teardrop shape containing the text "我要索取" (I want to request) and "教材索取" (Request material). Below this, there is a section titled "最新消息" (Latest News) with two news items listed:

- 2018/05/29 全國社區血壓測量地圖，方便就近量血壓
- 2018/11/07 秋冬季節易空品狀況不佳，國民健康署提醒民眾「3招6…」

Click
"Watching news"

Q Bao's health tips

① Watching News Never lost the top news



The screenshot shows a news page from the HPA website. At the top, there are two tabs: '瞧新聞' (Read News) in orange and '講主題' (Talk about the topic) in green. Below the tabs, there is a search bar with placeholder text '關鍵字, 菸, BMI, 高血壓'. Underneath the search bar, there is a breadcrumb navigation: '首頁 > / 瞧新聞 > / 瞧新聞 >'. The main content area displays a grid of news items. Each item includes a thumbnail image, the publication date, and the title. The titles are as follows:

佈日期	標題
/ 11 / 07	秋冬季節易空品狀況不佳，國民健康署提醒民眾做好空污自我防護
/ 11 / 07	健康署教您健康吃火鍋
/ 11 / 05	讓寶寶「聽」見愛 你家寶貝「篩」了沒？聽力篩檢請把握出生後第一週
/ 01	2018聯合國世界糖尿病日開跑 「家友」打氣 分齡控糖一起動
	2018年臺灣全球健康論壇「韌力、復原力：全球健康的未來」
	一同寶貝你的未來，HPV疫苗年底全面開打

Browse the news

Q Bao's health tips

① Watching News Never lost the top news



Focus on
the latest
information

Q Bao's health tips

① Watching News Share the benefit information



Fan page of
Health Promotion
Administration/
Like & Follow



Share FB live-
streamed post



Live-stream/
Survey/ Coupon

Q Bao's health tips

② Reading Articles

Regularly provide
health articles




本月專文

掌握控糖3原則－血糖數值更健康

糖尿病最重要的就是控制血糖及監測其合併症狀況，長期血糖控制不良，會導致全身大、小血管及神經系統病變，造成失明、截肢、腎臟病等合併症的危害。平時...

健康專欄文章列表

作者 / 資料來源
衛福季刊
黃璇寧醫師
鄭欣宜營養師

Health Column



此 - BMI - 高血壓

首頁 > 讀專文 > 疑問醫答 >

問題列表 發問規則

上網流傳著關於健康實用的資訊，常讓許多人產生疑惑???,無法辨別到底是真的還是假的???為了弘揚正確的健康觀念及知識，澄清網路不當健康資訊。※若有關健康或疾病相關問題，建議可利用衛生福利部【[全民健康問答服務](#)】。

網路謠言 疑問醫答列表

編號	問題分類	問題	發問時間
4150	慢性病防治	家人罹患慢性阻塞性肺病(COPD)後，時常咳嗽，活動量大就容易喘，是不是不要運動對身體比較好？	2018/11/8 上午 10:54:44
4147	慢性病防治	有邊藍光螢幕，就不會傷害視力嗎？組裝3C 設備如何保養視力？	2018/10/1 上午 10:12:28
4145	慢性病防治	人年紀大了，血壓本來就會比較高，如果沒有什麼不舒服，就不用太在意？	2018/9/3 上午 09:58:00
	兒童健康	吃母乳的寶寶有黃疸現象是正常的，寶寶長大就會自然好，並無需理會？	2018/8/2 上午 10:45:00

Internet rumors Q & A

Q Bao's health tips

② Reading Articles

Catching the health information

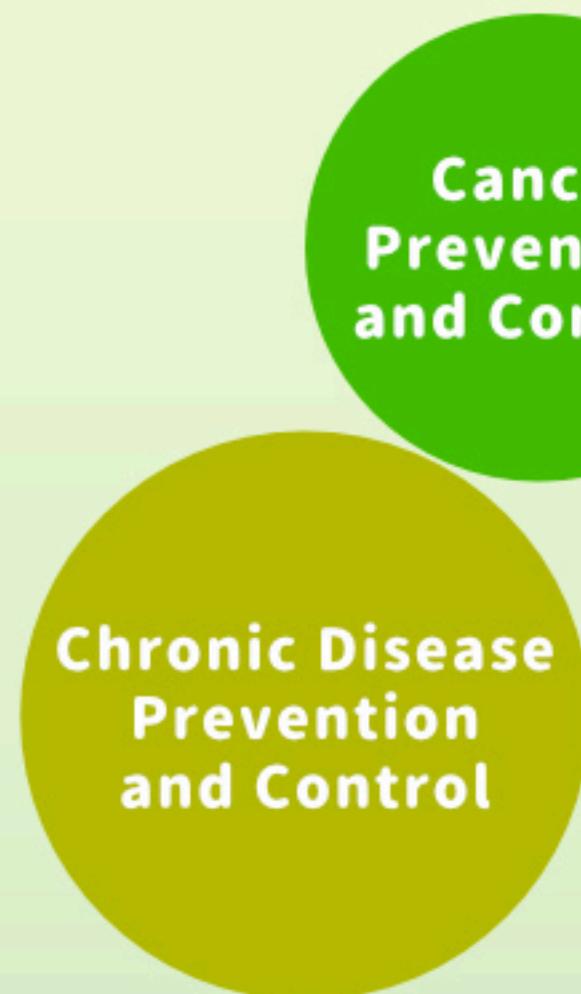


- Add the Line@ of Health Promotion Administration
- Focus on the latest health issue
- Get the correct health knowledge

Q Bao's health tips

③ Talking Topics

Browse the health education information



Q Bao's health tips

④ Health Check

Provide online
health check tools



Perceived Stress
Scale



Diet and Behaviour
Scale (DABS)



Test For Nicotine
Dependence



New WHO Growth Chart
for Children



Brief Symptom Rating
Scale (BSRS-5)



AMSLER GRID



Body Mass Index

Q Bao's health tips

⑤ Education Materials Search

Provide benefit online
health education
information



首頁 > / 找教材 >

關鍵字： 健康 |

開放項目： 開放索取 開放下載

日期： 1988 年 01 月

上，菸，BMI，高血

Search for query
term "Health"

Q Bao's health tips



⑤ Education Materials Search



The screenshot shows a search interface for education materials. At the top, there are filter options: '自:' (From) with radio buttons for '開放索取' (Open Access), '開放下載' (Open Download), and '開放瀏覽' (Open Browse); '新日期:' (New Date) with dropdown menus for year (1988-2018), month (01-12), and day (01-20); and buttons for '重設' (Reset) and '確認' (Confirm). Below this is a search bar labeled '找教材-搜尋列表' (Find Materials - Search List). The results section has a header '文宣名稱' (Publication Name) and lists several items:

- 「健康 大家一起來」—婦癌防治宣導手冊
- 「健康到老」
- 「要愛愛」性健康促進宣導
- 「肥胖」
- 「健康體位最理想」體位宣導海報

Information browse
and receive

Download

Browse online

Q Bao's health tips

⑤ Education Materials Search

Provide benefit online
health education
information



The screenshot shows a search result for a handbook titled "成人肥胖防治指引手册-肥胖走 健康來". The result includes the following details:

登錄號:	22024
種類:	手冊
檔案大小:	6.76 MB
更新日期:	2018/10/09
類別:	健康體能
適用對象:	全民
點閱數:	1506
授權條款:	(CC BY-NC-SA)
發行單位:	衛生福利部國民健康署社區健康科
關鍵字:	肥胖 減重 減肥
內容介紹:	成人肥胖防治指引手册-肥胖

At the bottom, there are two buttons: "檔案下載" (Download file) and "線上瀏覽" (View online).

Provide E-education
materials

⑤ Education Materials Search



Handouts



Handbook



Poster

Q Bao's health tips



⑤ Education Materials Search



MULTIMEDIA



FOR DUMMIES

Q Bao's health tips ⑥ E-card



**Subscribe to the newsletter about national
health Share the health E-card**



Health99 Education Resource website is a comprehensive health education platform



- Collect health information & education materials
- Provide abundant, correct and immediate health knowledge
- Promote the health issues via diverse health educational activities
- Establish a friendly platform for a national healthy life



Health Promotion Administration, Ministry of Health and Welfare



Health99 Education Resource

Provide benefit health education materials
Promote health communication



衛生福利部國民健康署
健康九九網站
關心您的健康

健康九九網站



Health99
Website



HPA
Website



HPA
Fan Page



HPA
line@