

SOURCE CREDIBILITY CHECKLIST / FREE OPEN ACCESS BONUS

Source Credibility Checklist

For adults and caregivers deciding whether a health article deserves further attention. Benefit: spot
Free to download, no email needed.

How to use this checklist

Choose one article and one claim. Mark each check only when you can locate the information. An unchecked item means "not verified," not automatically "false." This is a screening aid, not a medical evidence rating.

- ☐ Ownership: I can identify the publisher or organization.
- ☐ Author: I can find who wrote or reviewed the page and their stated role.
- ☐ Date: I can locate a written or review date.
- ☐ Purpose: I can distinguish information from a product promotion.
- ☐ Support: I can follow a reference for the claim I am checking.
- ☐ Limits: The page explains uncertainty and does not promise a cure or guaranteed result.
- ☐ Commercial ties: Sponsorships or commissions are clearly explained when relevant.
- ☐ Privacy: I understand what the site asks me to submit before I share anything.

Article or URL and the claim I am checking

The information I could not verify

Choose an action

- If important details are missing, keep the claim unresolved and check another reliable source.
- Record a question for your care team about whether the information applies to you.
- Keep the checklist for the next article; there is no need to join a list or buy a product.

[R1] MedlinePlus: [Evaluating Health Information](#)

SOURCE CREDIBILITY CHECKLIST / CHECKLIST PRACTICE

A completed source check example

Worked example

Illustrative article: "One simple method with guaranteed results." The page lists a publisher and a date, promotes a paid product, and supplies no source for the guarantee. This example is invented and is not a review of a real business.

Check	Illustrative finding
Publisher and date	Found
Author or reviewer role	Not stated
Source for the guarantee	Not found
Commercial purpose	Product sale
Next action	Keep the guarantee unresolved; compare a reliable public source and ask a care-team question

Your reusable review note

Article title or URL and date I checked it

One claim and the source I followed

What remains unclear and why

My next source or care-team question

Optional next learning step

Use exercise 2 of the free Seven-Day Everyday Learning Workbook for more practice. Keep using this checklist for every new article; no purchase is needed.

Education note: General education for adults. Use this resource to organize learning and questions for your care team. It does not diagnose a condition, set food or glucose targets, or recommend treatment or medication changes. Keep your completed worksheets private; no purchase is needed.

[R1] MedlinePlus: [Evaluating Health Information](#)