Using the Health Library
When you are in MyHealthUNM, you can use a tool called the Health Library. The Health Library lets you search for information about many healthcare issues, laboratory results, and medicines.

Steps for Getting into the Health Library
1. Open your web browser and find MYHealthUNM.
2. You will get to a screen that says “UNM Health System” near the top. Under that, there are two boxes where you will type in your user name and password.
3. Type in your user name and password.
4. Click the Sign In button. You will get to the MyHealthUNM homepage.
5. Click the Health Library icon at the top of the screen. You will get to the Health Library page.
How to Search in the Health Library

1. Type the topic or word you want to find into the search box. In the example below, the word “flu” is typed into the search box.

2. Do you want to make sure the information is related to your gender and/or your age? You can click on “Male” or “Female” in the Gender drop down menu and type in your age. You do not have to do this. You can just go on to Step 3.

3. Click on the Search button. The information will show up below the search button.

4. Click on any link. You will get other information related to your search word or topic.

5. Click on the words “Back to search results,” or the back arrow on your browser to choose another topic.

How can I tell if something is a link?

On the Health Library page you can tell in a couple of different ways. The links are blue words. When you move your cursor over a link:
- your cursor changes from an arrow to a pointing hand
- the words change color
- an underline appears under the words

This is how you know that you can click here and you will get to another page.
Getting to the Health Library from your Medical Record

The Health Profile, Medications, and Results sections of your Medical Record are connected to the Health Library. You can get to Health Library information quickly from these sections too.

1. On the Homepage, click the Medical Record icon
2. Click Health Profile, Results, or Medications in the menu at the left.
3. Click the Learn More link next to the topic you are interested in. The Health Library will show information related to the topic.
4. Click any link. You will get to more information related to your search word or topic.
5. Click on the words “Back to,” or the back arrow on your browser to choose another link.

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**Epinephrine Injection**

Epinephrine is a chemical that narrows blood vessels and opens airways in the lungs.

What is the most important information I should know about epinephrine injection?

Seek emergency medical attention after any use of epinephrine to treat a severe allergic reaction.