



| Topic                               | Link  |
|-------------------------------------|---|
| Asheville Radilogy                  | <a href="https://missionhealth.org/patient-portal/">Asheville Radiology – Email, UserID, and Password - Mission Patient Portal - https://missionhealth.org/patient-portal/</a>  |
| Bookmarks or Favorites              | <a href="https://edu.gcfglobal.org/en/search/?q=bookmark+favorite#gsc.tab=0&amp;gsc.ref=english&amp;gsc.q=bookmark%20favorite&amp;gsc.page=1">Bookmark or Favorites in your web browser - https://edu.gcfglobal.org/en/search/?q=bookmark+favorite#gsc.tab=0&amp;gsc.ref=english&amp;gsc.q=bookmark%20favorite&amp;gsc.page=1</a>   |
| Broadband options at your address   | <a href="https://broadbandmap.fcc.gov/home">Check your broadband options at FCC National Broadband Map &gt; enter your address &gt; https://broadbandmap.fcc.gov/home &gt; Residential Providers</a>  |
| Computer age                        | <a href="https://www.whidbeytel.com/how-do-your-devices-affect-your-internet-speed/">How Do Your Devices Affect Your Internet Speed? - https://www.whidbeytel.com/how-do-your-devices-affect-your-internet-speed/</a>   |
| CVS Minute Clinics                  | <a href="https://www.google.com/search?q=CVS+Minute+Clinics+asheville+nc&amp;rlz=1C1GCEB_enUS969US969&amp;og=CVS+Minute+Clinics+asheville+nc&amp;aqs=chrome..69i57j0j4&amp;sourceid=chrome&amp;ie=UTF-8">CVS Minute Clinics – Email, UserID, and Password - 2 Asheville locations - https://www.google.com/search?q=CVS+Minute+Clinics+asheville+nc&amp;rlz=1C1GCEB_enUS969US969&amp;og=CVS+Minute+Clinics+asheville+nc&amp;aqs=chrome..69i57j0j4&amp;sourceid=chrome&amp;ie=UTF-8</a>  |
| Downloading apps                    | <a href="https://edu.gcfglobal.org/en/androidbasics/downloading-apps/1/">Instructions for Downloading Apps and Instructions for Use - ANDROID - https://edu.gcfglobal.org/en/androidbasics/downloading-apps/1/</a> , <a href="https://edu.gcfglobal.org/en/ipadbasics/installing-and-managing-apps/1/">APPLE iPad - https://edu.gcfglobal.org/en/ipadbasics/installing-and-managing-apps/1/</a>   |
| Hospital cost esimators             | <a href="https://missionhealth.org/financial-services/estimate-cost-of-care/">Cost Estimators for each Hospital - Mission https://missionhealth.org/financial-services/estimate-cost-of-care/</a>   |
| Internet options for home, business | <a href="https://broadbandmap.fcc.gov/home">Check your broadband options at FCC Ntional Broadband Map &gt; enter your address &gt; https://broadbandmap.fcc.gov/home &gt; Residential Providers</a>   |
| IoT - Internet of Things            | <a href="https://www.whidbeytel.com/how-do-your-devices-affect-your-internet-speed/">How Do Your Devices Affect Your Internet Speed? - https://www.whidbeytel.com/how-do-your-devices-affect-your-internet-speed/</a>   |
| Lab Corp                            | <a href="https://www.labcorp.com/patients/app">Lab Corps accessible by Apps – Email Address, UserID and Password - https://www.labcorp.com/patients/app</a>   |
| Mayo Clinic                         | <a href="https://www.mayoclinic.org/">https://www.mayoclinic.org/</a> or MayoClinic App <a href="https://www.mayoclinic.org/apps/mayo-clinic">https://www.mayoclinic.org/apps/mayo-clinic</a> - Patient Education of Diseases, Procedures, Lab Values   |
| Medic Alerts                        | <a href="https://www.amazon.com/s?k=Medic+Alert+Buttons%2C+necklace+and+wrist+alarms&amp;i=mobile-apps&amp;crd=38UG4DNJV3TJL&amp;sprefix=medic+alert+buttons%2C+necklace+and+wrist+alarms%2Cmobile-apps%2C87&amp;ref=nb_sb_noss">Medic Alert Buttons, necklace and wrist alarms: senses falls, alarms for medication administration at home, calls family members first and then if no answer, calls 911 - on Amazon https://www.amazon.com/s?k=Medic+Alert+Buttons%2C+necklace+and+wrist+alarms&amp;i=mobile-apps&amp;crd=38UG4DNJV3TJL&amp;sprefix=medic+alert+buttons%2C+necklace+and+wrist+alarms%2Cmobile-apps%2C87&amp;ref=nb_sb_noss</a>   |
| Medscape                            | <a href="https://www.medscape.com/public/medscapeapp">Medscape App – https://www.medscape.com/public/medscapeapp</a> Medication information including indications, side effects, peak of action, duration of action and other information   |
| Midicare > nuring homes             | <a href="https://www.medicare.gov/care-compare/">Medicare.gov/nursinghomecompare - https://www.medicare.gov/care-compare/</a>   |
| Nursing home compare                | <a href="https://www.medicare.gov/care-compare/">Medicare.gov/nursinghomecompare – All Skilled Nursing Facilities are rated twice per year by Medicare on a 1 to 5 star rating on 6 indicators – most Skilled Facilities in Buncombe County have a Staffing star rating of less than 3 stars - https://www.medicare.gov/care-compare/</a>   |
| Ookla speed test                    | Mobile device speed test app by Ookla, free and easy to use - ANDRIOD Google Play Store - <a href="https://play.google.com/store/apps/details?id=org.zwanoo.android.speedtest&amp;hl=en_US&amp;gl=US&amp;pli=1">https://play.google.com/store/apps/details?id=org.zwanoo.android.speedtest&amp;hl=en_US&amp;gl=US&amp;pli=1</a> APPLE IOS - <a href="https://apps.apple.com/us/app/speedtest-by-ookla/id300704847">https://apps.apple.com/us/app/speedtest-by-ookla/id300704847</a>   |
| Password                            | <a href="https://edu.gcfglobal.org/en/internetsafety/creating-strong-passwords/1/">Where to store Emails, UserIDs and Passwords for Patient Portals - https://edu.gcfglobal.org/en/internetsafety/creating-strong-passwords/1/</a>  |
| Pedomerts                           | <a href="https://www.amazon.com/s?k=Pedometer+Apps&amp;i=mobile-apps&amp;crd=367HMWDKZ6YYY&amp;sprefix=pedometer+apps%2Cmobile-apps%2C63&amp;ref=nb_sb_noss_2">Pedometer Apps - Apple Watches: EKG, Alarms, Falls - on Amazon - https://www.amazon.com/s?k=Pedometer+Apps&amp;i=mobile-apps&amp;crd=367HMWDKZ6YYY&amp;sprefix=pedometer+apps%2Cmobile-apps%2C63&amp;ref=nb_sb_noss_2</a>  |
| Privacy & Security                  | <a href="https://edu.gcfglobal.org/en/search/?q=Privacy+%26+security+web#gsc.tab=0&amp;gsc.ref=english&amp;gsc.q=Privacy%20%26%20security%20web&amp;gsc.page=1">Privacy &amp; security web considerations - choose your web browser - https://edu.gcfglobal.org/en/search/?q=Privacy+%26+security+web#gsc.tab=0&amp;gsc.ref=english&amp;gsc.q=Privacy%20%26%20security%20web&amp;gsc.page=1</a>   |
| Repairing computers                 | <a href="https://www.google.com/search?rlz=1C1GCEB_enUS969US969&amp;tbs=lf:1,lf_ui:14&amp;tbn=icl&amp;sxsrf=AJOqlzUrAj_Ea92EEp0pmr_iRqQATkQQw:1673983080416&amp;q=computer+repairs+asheville+nc&amp;rffq=1&amp;num=10&amp;sa=X&amp;ved=2ahUKEwiPz_j2gM_8AhUDZTABHZ3sC9oQjGp6BAGREAE&amp;biw=1536&amp;bih=730&amp;dpr=1.25#rfti=hd::si:mv: [37.27892261327947,-72.37297497403686], [32.08775977052734,-84.63371716153686], null, [34.72407011170227,-78.50334606778686], 7">Computer repair businesses in Asheville - https://www.google.com/search?rlz=1C1GCEB_enUS969US969&amp;tbs=lf:1,lf_ui:14&amp;tbn=icl&amp;sxsrf=AJOqlzUrAj_Ea92EEp0pmr_iRqQATkQQw:1673983080416&amp;q=computer+repairs+asheville+nc&amp;rffq=1&amp;num=10&amp;sa=X&amp;ved=2ahUKEwiPz_j2gM_8AhUDZTABHZ3sC9oQjGp6BAGREAE&amp;biw=1536&amp;bih=730&amp;dpr=1.25#rfti=hd::si:mv: [37.27892261327947,-72.37297497403686], [32.08775977052734,-84.63371716153686], null, [34.72407011170227,-78.50334606778686], 7</a> |
| Speed of internet                   | <a href="https://edu.gcfglobal.org/en/internet-tips/how-do-i-check-my-internet-speed/1/">Internet Tips - How Do I Check My Internet Speed? - https://edu.gcfglobal.org/en/internet-tips/how-do-i-check-my-internet-speed/1/</a>   |
| Web Browsing                        | <a href="https://edu.gcfglobal.org/en/search-better-2018/introduction-to-searching-online/1/">Introduction to Searching Online - https://edu.gcfglobal.org/en/search-better-2018/introduction-to-searching-online/1/</a>  |
| WiFi parking lot map                | <a href="https://losrc.maps.arcgis.com/apps/StoryMapBasic/index.html?appid=b51a7726e5174b138a13adf74926c953">'WiFi Lot' map of Internet Locations - https://losrc.maps.arcgis.com/apps/StoryMapBasic/index.html?appid=b51a7726e5174b138a13adf74926c953</a>  |