

# How Being Online Can Help Improve Your Life



## Employment

- ◆ Search for **jobs**
- ◆ Build a resume
- ◆ Develop technological skills needed for jobs



WorkInTexas.com

## Health

- ◆ Access information for a health condition
- ◆ Track a chronic health condition
- ◆ Learn about **health care** options



HealthCare.gov

## Everyday

- ◆ Look up **cooking** recipes
- ◆ Find changes to bus routes
- ◆ Listen to a favorite artist
- ◆ Online **banking**



capmetro.org

## Resources

- ◆ Apply for SNAP benefits
- ◆ Get neighborhood **crime** alerts
- ◆ Pay utility bills online



coutilities.com

## Connecting

- ◆ Use social media to share photos with friends and family
- ◆ Use web chat to stay connected to long distance **family** members

