



HOW TO INCREASE YOUR HEALTH KNOWLEDGE



WHAT IS HEALTH LITERACY?



Health literacy is your ability to find, understand, and use health information to make good choices about your health and well-being.



Over one-third of U.S. adults have low health literacy.

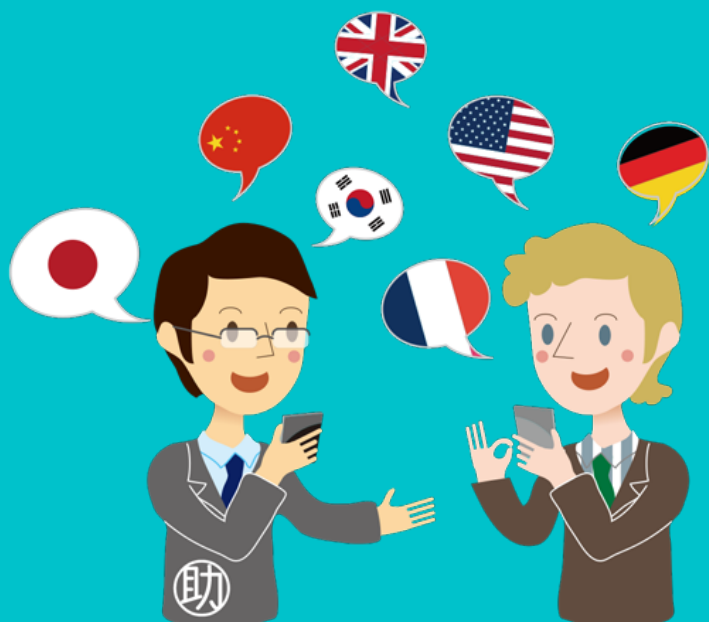


ASK QUESTIONS

Don't be afraid to ask questions if something is unclear. Write down your questions before your visit. Ask for more explanation if needed.

RECORD YOUR DOCTOR VISIT OR BRING A FRIEND

You can bring a friend to your appointments and one or both of you can take notes or record the visit to review later.



REQUEST AN INTERPRETER OR PATIENT ADVOCATE

Ask for an interpreter in advance. Some clinics and hospitals have patient advocates that you can request to further assist you.

REQUEST TAKE-HOME INFORMATION

Plain language information is required by law. Ask for additional take-home information.



BE TRUTHFUL ABOUT YOUR HEALTH HISTORY



Know and keep a good record of your health history, vaccinations, and medications. Giving accurate information to your healthcare team helps them properly treat you.



MISINFORMATION IS HARMFUL



Just because something is on the internet, or a relative or friend has an opinion about a health topic, doesn't mean it is true.



SEEK RELIABLE INFORMATION

Look for health info online but choose reliable sources like government (.gov) or educational (.edu) websites.