

What is Health Literacy?

Health Literacy is the ability to find, understand, and use health information & services to make educated health decisions.

How can you improve your Health Literacy?

KEEP TRACK

Keep a list of symptoms you experience and how your body feels. Take this list to provider appointments to be reviewed.



PROVIDER VISITS

Make a plan for provider visits to maximize your time. Bring a list of symptoms, medications, and questions. Bring another person with you, if possible.



ASK QUESTIONS

Don't be embarrassed to ask your provider questions. If something is unclear, ask your provider to use plain language or provide written materials.



KNOW YOUR MEDICATIONS

Keep a list of your medications, when you take them, and what they treat. Take this list to provider appointments to be reviewed.



MEDIA SAVVY

Be aware of where you receive healthcare information and only use trusted sources. Look out for information that is incomplete, conflicting, or inaccurate. Talk to your provider about what you find.



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