

# Health literacy for consumers

**60%**  
PEOPLE



**LOW**  
HEALTH LITERACY

Having low health literacy means someone doesn't have the knowledge they need to find, understand and use information about their health and health care.

seek information



join support groups

ask for information



educate yourself

make sure you understand



prepare & ask questions

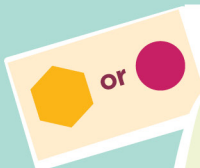
bring relatives or friends to appointments



be open and honest



ask about your options



talk about your values & preferences



speak up if you are unhappy with your care



My Medical History

give all your medical details



ask for things to be explained differently

request an interpreter

