

# What is Health Literacy?

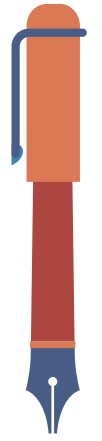
# Health literacy

The knowledge, skills, and resources you need to manage your health.



# Health literacy helps you to:

- ✓ Understand your health
- ✓ Make health care decisions
- ✓ Take care of yourself
- ✓ Access the health services you need
- ✓ Talk with your health care providers



# Managing your health isn't always easy.



# It can be challenging when:



You don't feel well



Health care settings are unfamiliar or confusing



Health care providers use medical language you don't understand



You can't find the information you need or you are overwhelmed by information



Health information is not presented in a way that you can understand

# What can help my health literacy?

You can improve your health literacy by:

- ✓ Bringing a family member or friend to the hospital with you to help you remember important information
- ✓ Asking questions if something is not clear or you don't understand
- ✓ Asking for health information in plain, everyday language



- ✓ Bringing a list of the medications you are taking, to review with your health care provider
- ✓ Bringing a list of your questions and let us know what concerns you the most



At Hamilton Health Sciences, your health literacy is important to us.

If you have questions about your health or care, please ask a member of your health care team.

We can help by:

- ▶ making our patient care areas welcoming places where you feel comfortable asking questions
- ▶ making information easy to access and understand
- ▶ giving you the support you need to manage your health

Patient Education, Hamilton Health Sciences, 2015-10

If you have questions about health literacy, please email [patienteducation@hhsc.ca](mailto:patienteducation@hhsc.ca)