What is Health Literacy?
Health literacy
The knowledge, skills, and resources you need to manage your health.

✓ 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.

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

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

Click here to download a Health Literacy Fact Sheet