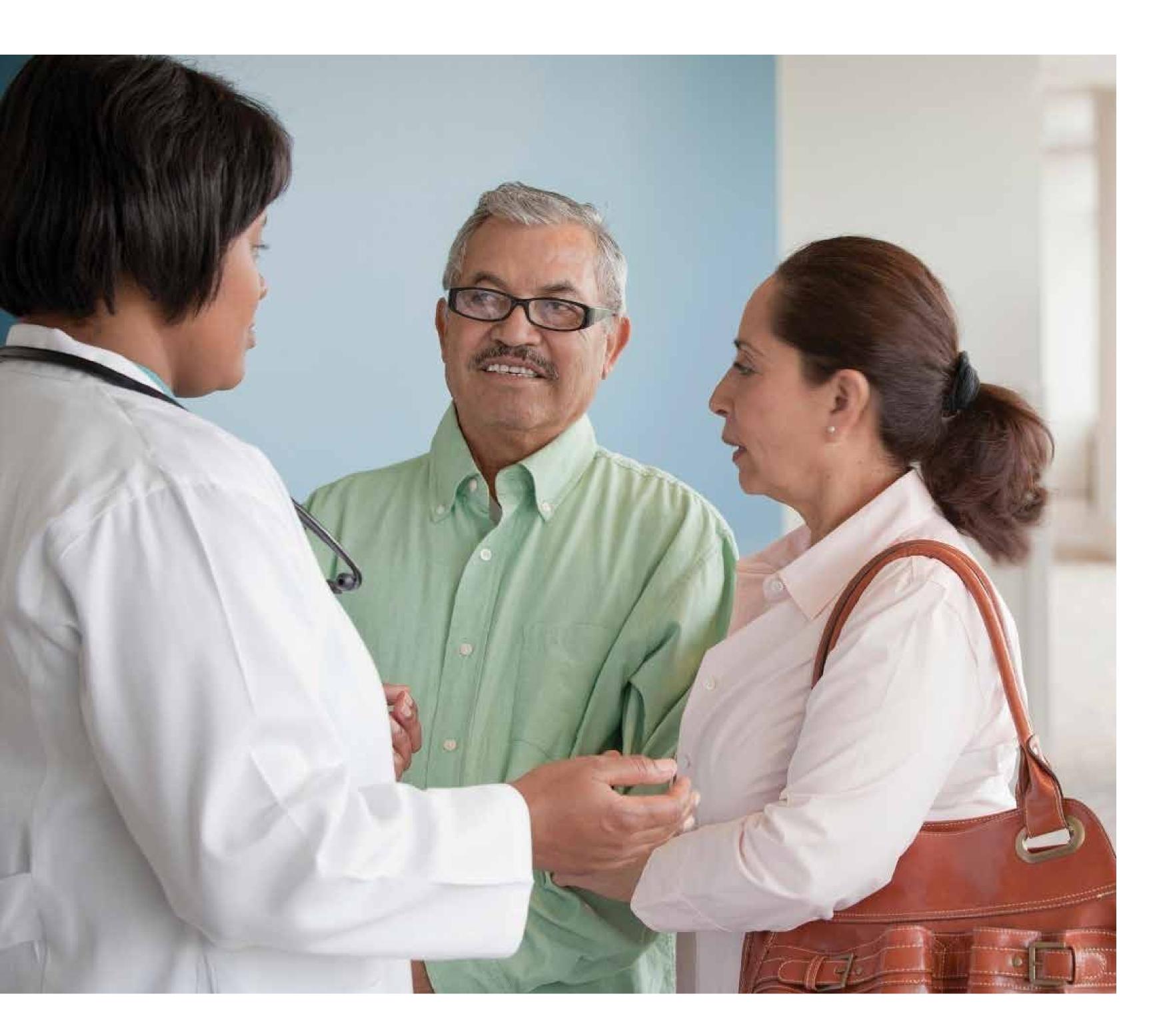


• A patient's ability to understand and act on health information.

AND

• A health care provider's ability to communicate so patients can understand and act on the information to take better care of their health.



TIPS TO MANAGE YOUR HEALTH!

- 1. Bring a family member or friend to your doctor visit.
- 2. Make a list of your health concerns.
- 3. Bring a list of all your medicines to your doctor or pharmacist.
- 4. DO NOT BE AFRAID TO SPEAK UP.

Your doctor's job is to take care of you.







ST. VINCENT CHARITY MEDICAL CENTER