

OCTOBER *is* HEALTH LITERACY MONTH

Your health depends on clear communication with your health care team. EVERYONE finds health information confusing at times! Asking questions will help you stay well or help you get better!

You might say:

**“This is new to me.
Will you please explain
that to me one more time?”**

HEALTH LITERACY INCLUDES:

- 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.

