

Tips for Better Health (Health Literacy)



Health literacy is how well people are able to obtain and understand health information. It is also how well the health team explains information.

Learn more at

www.HealthyCLE.org



Cleveland Department of Public Health

HEALTH LITERACY INSTITUTE

ST. VINCENT CHARITY MEDICAL CENTER



Tips provided here are adapted from the HHS Agency for Healthcare Research and Quality.

Your health depends on clear communication between you and your health team.

- **Prepare for your doctor visit:**
 - Ask someone you trust to come with you.
 - Bring a list of your past and current illnesses and surgeries.
 - Bring all your medicines.
 - Bring a list of questions.
- **During your doctor visit:**
 - Ask questions!
 - Repeat what you think the doctor is telling you.
 - Find out if you need to make a follow-up visit.
 - Ask how and when to reach the doctor if you have more questions.

- The doctor's job is to take care of you.
- Doctors know a lot about a lot of things, but they do not always know everything about YOU or what is best for you.
- Your doctor wants your questions!
- Feel free to speak up and ask the questions that are important to you.