



Health Literacy Tips Anyone Can Use

A Consumer Tip-Sheet

Good health can last a life-time. Improve your health literacy, and your health, by working on the skills below!

1. Get comfortable asking questions at doctor appointments.

- Asking questions improves communication and understanding.
- Make a list of questions for your doctor before your appointment.
- Practice asking your questions with family and friends before your doctor appointment.
- Ask your pharmacist about your prescription instructions and what your medicine should look like and do.

2. Know which sources of information are the best.

- Not all information from the internet is true. Learn about internet searching for reliable resources:
[Connecting Youth to Quality Health Information](#) from the University of Washington
[Finding and Evaluating Online Resources](#) from the National Institutes of Health
- Many people gather information from well-meaning family and friends, but checking that information with a doctor is the best policy. Friends and family may not understand the entire medical situation or may have old information.

3. Increase your knowledge.

- Take the National Library of Medicine's [medical terminology tutorial](#) to understand more medical words.
- Seek out help from places like the health department, library, or United Way, which offer useful classes on health topics, reading improvement, financial management and other things that can improve your health literacy.

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