

# Health Literacy

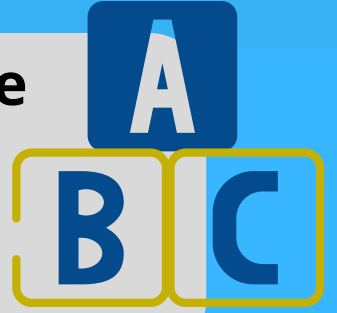
Health literacy is the ability to understand basic health information in order to make appropriate health decisions.

## Tips to improve your health literacy:

1

### Use and ask for plain language

Ask your provider to explain everything to you in plain language and tell your provider when you do not understand what he or she is saying



back

teach

### Use the teach back method

When your doctor gives you instructions, repeat it back to him or her - but in your own words

2

3

### Ask questions

Don't be afraid to ask questions to clarify terms or instructions you do not understand



4

### Ask for additional resources

Ask for visuals or an interpreter if that will help you understand the information better



## Checkpoints on your roadmap to healthcare coverage:



Learn key insurance terms



Understand your health care system and your health insurance plan



Understand your costs involved



Know the services covered by your plan



Know how to navigate your services