

## Step 1 Obtain health information

Is the information you've found accurate and reliable?

- Who sponsors the website?
- Who wrote the information?
- What is the website's mission?
- When was the information written?
- Are the solutions too good to be true?

This infographic is from the CDC.

- The Centers for Disease Control and Prevention (CDC) is a U.S. federal agency that conducts research and provides information on infectious diseases, non-infectious diseases, and public health.

**Trustworthy** ✓

## Step 2 Understand health information

Is the information presented in a format that is easy for you to understand (visual, auditory, written)?

- Seek out infographics, podcasts, videos, etc. from reputable and respected sources.
- Speak to your provider.
- Ask questions when needed.

This infographic explains how secondhand smoke is dangerous to others.

- States that there is no safe level of secondhand smoke and exposure can result in disease for nonsmokers.
- Avoids medical terminology that many may not be familiar with.
- Summarizes information in only a few sentences.

**Understandable** ✓



## Step 3 Apply information to your health

What does this information mean for your health?

- How do you weigh the benefits versus the costs?
- What will keep you healthiest?
- What will keep others healthy?

This infographic aims to persuade individuals to avoid smoking and to protect themselves and the people around them.

**Applicable** ✓

\*Use this example as a guide to evaluate any other material, print or digital, you may come across claiming to contain valuable health information.



Below is a list of different healthcare providers you may interact with, their credentials, and their roles

Title	Credentials	Role
Doctor of Medicine	MD	Treat and diagnose conditions using conventional medical tools
Doctor of Osteopathic Medicine	DO	Treat and diagnose conditions using many of the same methods as MDs but with a focus on holistic health and prevention
Nurse Practitioner	NP	Nurses with graduate training who often work in primary care and may prescribe medications
Physician Assistant	PA	Licensed clinicians who practice medicine under the supervision of an MD or DO and may prescribe medications
Registered Nurse	RN	Graduates of a nursing program who have passed a state board examination to become licensed and may administer, but not prescribe, medication
Licensed Practical Nurse	LPN	State-licensed caregivers who have been trained to care for the sick and may administer, but not prescribe, medication
Pharmacist	PharmD	Prepares and processes drug prescriptions, provides education to patients, and consult with physicians



Use this sheet to help prepare for your appointment and bring it with you to write down information

### Before your appointment:

What do you want to accomplish?

- Important questions
- Concerns to address
- List of medications
- Medical history

### During your appointment:

How can you accomplish your goals for your appointment?

- Bring a trusted friend or loved one
- Prioritize most important questions
- Ask open-ended questions
- Write down important information
- Seek clarification

### After your appointment:

How can you continue to advocate for your health after an appointment?

- Follow instructions
- Access your electronic health record
- Research information
- Call your doctor/pharmacist
- Get a second opinion

Why did you make this appointment?

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What are your most pressing concerns?

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What do you want to accomplish?

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What questions do you have?

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List of medications (name, dose, and frequency)

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Follow-up Instructions

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Important Information

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# HELP

HEALTH EDUCATION  
& LITERACY PROGRAM

## Reading Medication Labels

Below is a guide to reading prescription labels and a list of common labels on pill bottles to familiarize yourself with before you pick up a medication

**Pharmacy name and address**

**Number used by the drugstore to identify this drug for your refills**

**Person who gets this drug**

**Instructions about how often and when to take this drug**

**Name of drug and strength of drug**

**Number of refills before certain date**

**Doctor's name**

**Drugstore phone number**

**Prescription fill date**

**Don't use this drug past this date**

**Label Text:**  
 Local Pharmacy  
 123 MAIN STREET  
 ANYTOWN, USA 11111 (800) 555-5555  
 DR. C. JONES  
 NO 0060023-08291 DATE 06/23/09  
 JANE SMITH  
 456 MAIN STREET ANYTOWN, US 11111  
 TAKE ONE CAPSULE BY MOUTH THREE  
 TIMES DAILY FOR 10 DAYS UNTIL ALL TAKEN  
 AMOXICILLIN 500MG CAPSULES  
 QTY MRG  
 NO REFILLS - DR. AUTHORIZATION REQUIRED  
 USE BEFORE 06/23/12  
 SLF/SLF

