



Health Literacy

Take time to ask.
Make time to listen

'Health Literacy is about our knowledge, skills, understanding and confidence to be able to use health and care information and services to make good decisions.'

When you are with your GP or health professional take the time to ask these three questions on the right.

Asking questions helps you understand how to stay well or how to get better.

What is my main issue?

What do I need to do?

Why is it important for me to do this?