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Is Health Literacy Month

Health literacy is the degree to which individuals have the capacity to obtain, process and understand basic health information needed to make appropriate decisions. A health care provider may use medical language you're unfamiliar with or don't understand. This is why it's essential to know how health-literate you are.

October is Health Literacy Month. Those with low health literacy may not receive equal medical and behavioral care because they do not have the same level of understanding as their provider. Ways to improve health literacy include asking questions, researching your medical conditions, checking for handouts or materials at the doctor's office and having further conversations with your provider.

We offer many resources to support your Health literacy. Review our Benefit Education Tools or schedule a Live Benefits Consultation at preparebenefits.live/Mastronardi.