



THE IMPORTANCE OF HEALTH LITERACY FOR PATIENTS



1

Understanding Health Information

Health literacy helps patients better understand medical terms, instructions, and advice, allowing them to make sense of health documents and treatment options more confidently.

2

Making Informed Decisions

With stronger health knowledge, patients can evaluate care choices, ask relevant questions, and participate actively in decisions that affect their well-being.

3

Following Treatment Plans

Patients with good health literacy are more likely to follow prescribed treatments correctly, attend follow-up visits, and manage ongoing care routines effectively.

4

Preventing Complications

Recognizing early signs of issues and knowing when to seek help can prevent unnecessary complications and reduce avoidable hospital visits or delays in care.