

HEALTH FOR YOUR *lifetime*

Health Literacy 101: What You Need To Know

Tuesday, Nov. 18
6:30-8 p.m.

Holiday Inn
Conference Center
1220 First Avenue,
Coralville

Advance registration for this
free community seminar is
encouraged.

To register, call

319-356-1049
or toll-free at
877-MEDIOWA

Register online at:

www.uihealthcare.com/register

Nearly half of all American adults—90 million people—have difficulty understanding and using health information. Even well educated people with strong reading and writing skills may have trouble comprehending a medical form or doctor's instructions regarding a drug or procedure.

Health literacy is not simply the ability to read. It requires a complex group of reading, listening, analytical, and decision-making skills, and the ability to apply these skills to health situations.

Please join us for an educational introduction to health literacy. Discussion will include:

- How you can improve your health literacy
- Ideas for talking with your health care provider
- Patient safety considerations
- Benefits of individual pocket medicine and health history cards
- Understanding health literacy in the context of lives of individuals with disabilities.



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and Performance Improvement



Mindy Egeland, MA
Director, Patients' Library



Anne Tabor, MPH, RD/LD
Nutrition Supervisor,
Center for Disabilities and
Development



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Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you require an accommodation to participate in this program, please contact Tom Walljasper, Community Relations, in advance at 384-7353 or tom-walljasper@uiowa.edu.