

# SAY IT SIMPLY: HEALTH LITERACY PATIENT & FAMILY TOOLKIT

## WHAT IS HEALTH LITERACY?

Health literacy means how well people can find, understand, and use health information to make the best choices for themselves and others.

## WHY IS HEALTH LITERACY IMPORTANT?

Health literacy is important because it helps people to:

- Understand health information
- Make healthy choices
- Know how to get the care they need
- Understand care instructions
- Spot problems early
- Stay safe

It also saves money, makes care fairer for everyone, and gives people the confidence to ask questions to make the best decisions for themselves.

## KNOW YOUR RIGHTS AT RADY CHILDREN'S HEALTH

At Rady Children's Health, you have rights to help you feel safe and cared for. These include:

- Being treated with kindness and respect
- Getting care that respects your culture and beliefs
- Asking questions and getting clear answers
- Getting help in your language
- Keeping your health information private
- Knowing who is helping you and what your care will cost
- Speaking up if something doesn't feel right
- You can also ask for help or share concerns if you need to.

## QUESTIONS TO ASK YOUR DOCTOR

It's okay to ask questions if you don't understand something. Try asking:

- "Can you say that in simpler words?"
- "Can you give me an example so I understand better?"
- "Can you write down the most important things I need to remember?"
- "Is there someone who speaks my language that can explain this to me?"

**SCAN HERE  
FOR OUR  
TOOLKIT**



OR VISIT [CHOC.ORG/HEALTH-LITERACY](https://choc.org/health-literacy)

## WANT TO LEARN MORE?

Check out our Health Literacy Patient & Family Toolkit webpage! You'll find easy tips, helpful tools, and smart questions you can ask to better understand your health information and make informed decisions.

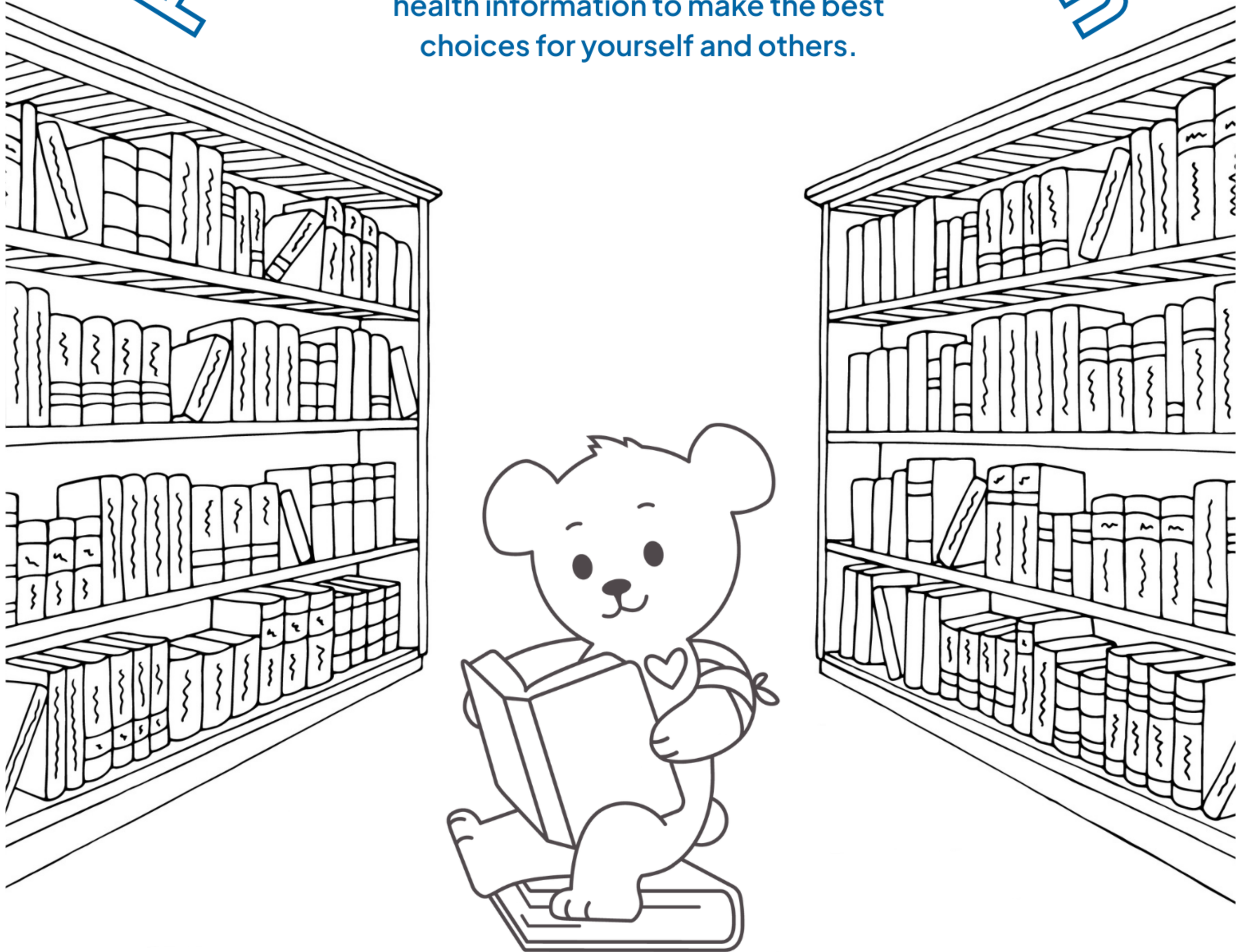


**Rady Children's Health**



# Health Literacy Month

Helping you find, understand, and use  
health information to make the best  
choices for yourself and others.



Join Our Coloring Contest!

Use the QR code or visit [choc.org/coloring-contest](https://choc.org/coloring-contest) to send  
us your picture.

You could win a \$25 gift card —we're giving away 12 of them!

Last day to enter: October 31, 2025

