

October

HEALTH LITERACY MONTH



Personal Health Literacy

According to the Centers for Disease Control and Prevention, “Personal Health Literacy is defined as the degree to which individuals have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.”



Organizational Health Literacy

The Centers for Disease Control and Prevention defines Organizational Health Literacy as, “the degree to which organizations equitably enable individuals to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.”



The Importance of Health Literacy

Health literacy is crucial for everyone, as we all need to find, understand, and use health information and services at some point. However, many find health information complicated and technical. To improve health literacy, individuals can ask clarifying questions, take notes for later review, and take time to make well-informed decisions.



Living ➤ **Well**

KEHP Support

KEHP supports health literacy by providing resources for members to enhance their health journey. A key way to access information and services is by contacting a Castlight Care Guide to help with scheduling doctor appointments, understanding benefits, and exploring support options.



Call **1-800-681-6758** or visit **mycastlight.com/mybenefits** for more information.

This information does not provide medical advice, diagnosis or treatment. It should not be used as a substitute for healthcare from a licensed healthcare professional. Consult with your healthcare provider for individualized treatment or before beginning any new program.