



Reading Text

- Identifying important health information
- Reading medicine bottle instructions

Numeracy

- Calculating medicine dosages
- Determining serving sizes of food
- Determining body mass index (BMI)

Document Use

- Filling out medical consent forms
- Mixing infant formula

Writing

- Tracking symptoms over time
- Recording appointments

Computer Use

- Using reliable websites to research health information
- Renewing prescriptions

Oral Communication

- Explaining concerns and symptoms accurately to health professionals
- Asking a pharmacist questions about medications

Thinking Skills

- Interpreting test results
- Evaluating health information for credibility and quality
- Making decisions about health

Working with Others

- Developing relationships with healthcare professionals
- Helping an ill family member manage his or her disease

Continuous Learning

- Keeping up-to-date with health information and new ways to manage wellness