



STATEMENT OF COMMITMENT

HEALTH LITERACY

Metro South Health will help people to find, use and understand information about their health.

WHAT IS HEALTH LITERACY?

It is how easily you can find, talk about, and understand health information to make decisions about your healthcare.

WHY IS IT IMPORTANT?

If you have good health literacy, you can understand, support and make decisions about you and your family's health and health care.

Having the right information about your health can help you:

- » Recover and stay well
- » Take your medicine correctly
- » Come to hospital less often
- » Make health choices that are right for you.

AT METRO SOUTH HEALTH WE WILL -

- + Listen to you and find out what you need
- + Help you find the right information
- + Give information that you can understand
- + Answer your questions
- + Help you and your family to make choices about your health
- + Help you get the health care you need
- + Make our health services easy to use
- + Work with our community partners to help support you.

Janine Walker AM
Chair, Metro South Hospital and Health Board

Noelle Cridland
Chief Executive
Metro South Health

ICARE² values



More information:
www.safetyandquality.gov.au

