Empowering Patients Through Digital Literacy

Digital literacy gives you access to knowledge and helps you better manage your health care.

What is digital literacy?

Digital literacy is the ability to use technology to learn and to reach out to people. This includes being able to:

- Use devices, such as tablets and smartphones. Also, know how to connect these devices to wireless networks and make adjustments to the volume and camera.
- Find facts and answers to your questions on trusted websites and applications.
- Communicate online with your health care provider and use other digital tools, such as patient portals.
- Protect your health information by using strong passwords that you change often.

Why is digital literacy important?

It is important for you to be able to:

- **Find your health information.** You can look up information about health conditions, symptoms, treatments, and medications. This helps you to better manage health conditions for yourself and your loved ones.
- **Personalize your health care**. Digital tools can help track your health and vital signs, such as blood pressure and blood sugar levels. These tools include medical and wellness devices that you can wear or regularly use.
- **Increase healthy habits.** Use online self-care programs to quit smoking, exercise, or eat better.

Where can you find help to improve your digital literacy?

Personal and group training can be found in many places near you, including:

- **Libraries** offer classes on how to use websites, applications, and telehealth. You can also use computers and high-speed internet at the library.
- **Schools** have digital literacy classes for parents and community members.
- **Community health workers** can help teach digital literacy as a way for people to get the care they need.
- **Health insurance companies and hospitals** teach patients and caregivers how to use digital health tools, access patient portals, and how to find online resources.

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