



# Health Literacy Month



1 - 31 October 2021

*Better Words for Better Health*



**No question is a silly question when it comes to your health**

Questions can help you understand your health and care.

It is your right to ask questions and have them answered in plain language.

**5 Questions** you can ask your healthcare provider to make sure you end up with the right amount of care; not too much, not too little.

1. Do I really need this test, treatment or procedure?
2. What are the risks?
3. Are there simpler, safer options?
4. What happens if I don't do anything?
5. What are the costs?

