



National Health Education Week

Checklist

Use a check mark ✓ to indicate each action completed.

(To access the recommended resources, click on the [blue underlined hyperlinks](#).)

STEP	ACTION	COMPLETED
1	<p>Start by understanding what “health literacy” is. <i>Learn more about these ParTNers for Health “Know Your Health” resources to help you make more informed, smarter healthcare decisions for you and your family.</i></p>	
2	<p>Next, view the following videos on “Talking to Your Doctor”:</p> <ol style="list-style-type: none"> 1. Part I: Preparing for Your Medical Appointment (4:37) 2. Part II: Talking Openly with Your Medical Provider (3:51) 3. Part III: Understanding Diagnosis and Treatment (3:57) 	
3	<p>Find out why you and your doctor sometimes are speaking different languages in this tutorial on “Understanding Medical Words.”</p>	
4	<p>Complete this tutorial on “Evaluating Internet Health Information” from the National Library of Medicine. <i>Want more? Explore these reliable health-related resources:</i></p> <ul style="list-style-type: none"> • FDA’s Online Resources for Consumers (science-based health and safety information you can trust) • FDA Consumer Updates (for timely, reliable, health and safety information about food, drugs, medical devices, vaccines, pet food, pet medicine and more) 	
5	<p>View this video on “Top 4 Tips to Spot Bad Science Reporting.” (4:15) <i>Want more? Review this “Checklist for Understanding Health News Stories: 9 Questions to Ask.”</i></p>	
6	<p>Finally, let us know you completed this Checklist HERE!</p>	



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