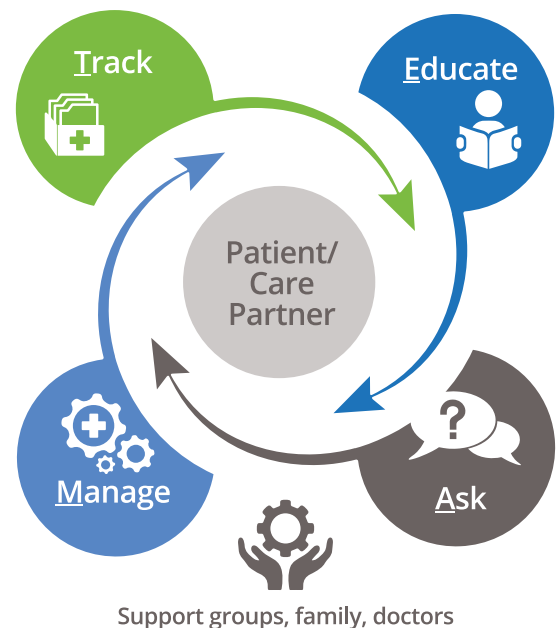


## How To Be Health Confident:

# BEING EDUCATED ABOUT OUR HEALTH

Learning how to be confident in managing our health and health care is a work in progress. The benefits of having the knowledge, skills and confidence to be an active partner in our health and health care are numerous. It's important we see ourselves as part of our health care team #PartnersinHealth.

Being informed and educated about our health and health care, but not overwhelmed is another key way to become more confident in managing our health. Finding and accessing reliable information in an understandable format helps us make informed decisions with our health care team.



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- Think about you learn & understand things. Is it through reading a leaflet, a book written by someone or a scientific paper? This will help you find the best way to learn about your health and health care. We all learn, understand and process information differently
- Ask your health care team where to find the best sources of information about your health and health care
- Find curated and reliable sources of information – this could be in print or online. If you have a health condition, there are organizations or charities that provide credible information on your specific areas of interest
- Being informed is an important part of being activated in our health and health care. Unfortunately, there is inaccurate information out there. So, be mindful of the source of the information and its credibility
- Ask around. Word of mouth can be a good place to find additional sources of information
- As you are learning and reading, make note of any questions you have to ask your health care team

