



Health literacy month 2026: Week 3

Making health work for everyone

Build skills and confidence

Make one thing easier this week that improves patient experience

Build or practise one health literacy skill.

Pick one thing to learn or practise this week:

- Complete our Foundational Health Literacy Training modules:
 - What is health literacy and what does it mean for me?
 - Written health communication
- Practise teach-back in your next few patient or family conversations.
- Practise one plain language technique in something you write this week, such as using everyday words or keeping sentences short.
- Talk through risks and choices using a shared decision-making approach.

When you use this skill, who might need a different approach or extra support?

Share the skill your team will build or practise

