



# Statement of commitment

## Health Literacy

Metro South Health will help people to find, use and understand information about their health.

### What is health literacy?

It is how easily you can find, talk about, and understand health information to make decisions about your healthcare.

### Why is it important?

When you understand health information well, you can make better choices for yourself and your family. It helps you to:

- Get better and stay well
- Take your medicine the right way
- Avoid going to the hospital too often
- Make health decisions that suit your needs.

### At Metro South Health we will -

- + Listen to you and find out what you need
- + Help you find the right information
- + Give information that you can understand
- + Answer your questions
- + Help you and your family to make choices about your health
- + Help you get the health care you need
- + Make our health services easy to use
- + Work with our community partners to help support you.

Janine Walker AM  
Chair, Metro South Hospital  
and Health Board

Noelle Cridland  
Chief Executive  
Metro South Health

**More information:**  
[www.safetyandquality.gov.au](http://www.safetyandquality.gov.au)