Health literacy is the degree to which individuals can obtain, process, understand, and communicate about health-related information needed to make informed health decisions. 36% of adults have low health literacy, including some adults who have high educational/reading levels. Further, heightened levels of anxiety or fear in patients or research subjects can greatly reduce the ability to understand health information. We need to assume that ALL patients and research subjects have low health literacy, regardless of education level, and so we should adopt a “universal precautions” approach to using plain language and the teach-back method.

**Assorted wraps will be available while supplies last. Bring your own beverage.**

ASL interpreters or other accommodations are available upon request. Contact Jennifer VanRy @ Jennifer_vanry@urmc.rochester.edu or 224-2061 with requests and/or questions

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