



# Do You Know Your Digital Health Literacy?

Digital health literacy means being able to use technology such as the internet to find and use health care information. **If you have trouble using a smart phone or computer, L.A. Care can help.**

Take this quiz to find your digital health literacy level.  
Your answers will not affect your health care benefits.

**Check either “Yes” or “No” for each of these questions.**

1. I know how to find helpful resources on the internet.

Yes  
 No

2. I know how to use the internet to answer my health questions.

Yes  
 No

3. I know what health resources are available on the internet.

Yes  
 No

4. I know where to find helpful health resources on the internet.

Yes  
 No

5. I know how to use the health information I find on the internet to help me.

Yes  
 No

6. I have the skills I need to evaluate the health resources I find on the internet.

Yes  
 No

7. I can tell high quality from low quality health resources on the internet.

Yes  
 No

8. I feel confident in using information from the internet to make health decisions.

Yes  
 No

**You do not need to return this quiz**, if you answered “**No**” to any of these questions, find out how L.A. Care can help. **Call** the Health Education Department at **866-528-7604** to learn more.



L.A. Care.



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