

# IT IS HEALTH LITERACY MONTH AND IT IS

## TIME FOR ACTION

### Digital health literacy can help you:

- Schedule appointments online
- Use your patient portals to access your health records
- Access Telehealth appointments
- Receive text messages from healthcare providers
- Access digital health information instead of handouts
- Find test results online
- Search for and evaluate online health information
- Use your phone to track blood sugar, blood pressure and more

Building Health Literacy Awareness Through Action invites you to attend a  
**FREE DIGITAL SKILLS WORKSHOP**

→ Wednesday, October 18, 2023

1-3 p.m.

Central Library (downtown Buffalo)

1 Lafayette Square, Buffalo, NY 14203

Collections Gallery Conference Room (2nd Floor)

For more information, call (716) 876-8991

**NO  
REGISTRATION  
REQUIRED**

**GIVEAWAYS**  
for the first 25 attendees

Brought to you by:



Erie County  
Department of  
Health



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LITERACY  
BUFFALO NIAGARA  
Change Starts With a Word