





# Quick Start Guide

## ① Watch a short video.

This 6-minute [health literacy video](#)  is sponsored by the American College of Physicians (ACP) Foundation and has some vivid examples of why addressing health literacy is so important.


## ② Pick a tool and try it.

Link to one of these tools and review it. Pick a day and try it out on a few patients.

- ◆ I want to be confident my patients are taking their medications correctly. [Brown Bag Medication Review](#) 
- ◆ I want to be confident that I am speaking clearly to my patients. [Tips for Communicating Clearly](#) 
- ◆ I want to be confident that my patients understand what they need to do regarding their health when they get home. [The Teach-Back Method](#) 

## ③ Assess your results.

How did it go? Do you need to make some adjustments? Do you want to address another statement from the list above and try another tool?

Or, you may want to take this to the next step by going to the [Overview](#)  and learning about health literacy universal precautions and this toolkit.