

Appendix 1. Selected Health Tasks by Health Literacy Score²¹

Health Literacy Score	Percent of Population	Activity
Proficient (310-500)	12%	<ul style="list-style-type: none"> • Calculating one's personal share of employer health costs using a table • Finding definitions for complex medical terms • Interpreting legal documents and applying to specific health care situations
Intermediate (226-309)	53%	<ul style="list-style-type: none"> • Determining a health weight range for one's height based on a body mass index • Finding the age range for certain childhood vaccines using a recommendation chart • Determining the times at which one can take a medication based on instructions on the prescription label • Identifying three substances that may interact negatively with an over-the-counter drug to produce side effects, based on the information provided on the package
Basic (185-225)	22%	<ul style="list-style-type: none"> • Interpreting a clearly-written pamphlet to determine two reasons a person should be testing for a disease even without symptoms • Explaining how a chronic disease may be asymptomatic based on a one-page article about the medical condition
Below Basic (0-184)	14%	<ul style="list-style-type: none"> • Interpreting a clearly-written pamphlet to determine how often one should have a certain medical test • Identifying what one can and cannot drink before a medical test based on a short set of instructions • Circle the date of a medical appointment on an appointment slip