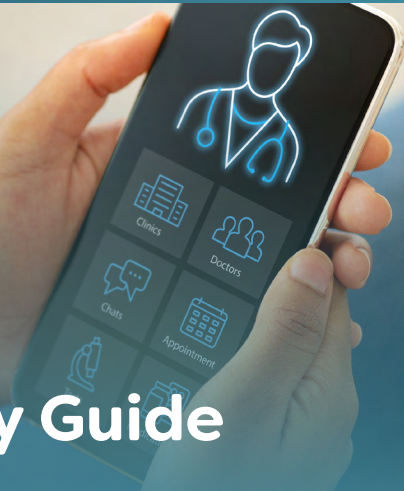




Digital Health Literacy Guide

Digital health tools can make everyday tasks feel a little easier, from finding trustworthy information to keeping important records organized for yourself or a loved one. With a few simple habits, you can feel more confident using online resources safely, building age-appropriate digital skills, and keeping health information easy to access when you need it.

A Checklist to Help Find Reliable Online Health Information

It can be hard to know which health information to trust online, especially when search results offer so many different answers. A few thoughtful questions can help you slow down, check the source, and feel more confident before using or sharing what you find.

- | | |
|---|---|
| ☐ Who owns the website? | ☐ Are they selling a product or service? |
| ☐ Is this a government agency, university, academic institution, or healthcare organization? | ☐ Are they trying to market a quick fix or miracle solution? |
| ☐ Is the author listed? Do they have credentials? | ☐ Is the website asking me for personal information? |

Age-Appropriate Digital Literacy Skills Guide

Digital skills grow over time, just like reading, problem-solving, and independence. These age-based tips can help children build safe online habits at a steady pace, with support that matches where they are developmentally.



Early Childhood

(ages 5-8)

- Basic online safety rules (don't share personal info).
- Recognizing trusted adults for help.
- **How-to tip:** Use simple examples and role-playing.



Tweens

(ages 9-12)

- Identifying credible vs. unreliable informations.
- Understanding digital footprints.
- **How-to tip:** Practice fact-checking together using real examples.



Teens

(ages 13+)

- Navigating social media and websites responsibly.
- Recognizing manipulation, scams, and misinformation.
- **How-to tip:** Encourage independent thinking and open conversations.

Tools to Create Your Digital Health Records

Keeping health records organized can make appointments, caregiving tasks, and everyday health needs feel more manageable. Start with simple, secure tools that are easy to use, easy to maintain, and accessible when you need them. Always look for password protection and two-factor authentication.

Tools You May Find Helpful:

Patient Portals (provider websites)

- Many healthcare providers offer secure portals where you can download visit summaries, lab results, and prescriptions.

Cloud Storage Platforms

- Examples: Google Drive, Dropbox, Microsoft OneDrive
- Ideal for organizing scanned documents into folders by family member or category.

Health Management Apps

- Examples: Apple Health, MyChart, CareZone (or similar tools)
- Helpful for tracking medications, appointments, and key health information in one place.

Scanning Apps

- Examples: Adobe Scan, CamScanner, Notes (iPhone)
- Allow you to quickly convert paper documents into PDF files using your phone.

Pro Tip: Start with one tool you already use (such as a cloud storage account) to avoid overwhelm. You can always add more tools later as your system evolves.



We're Here to Help.

Call: **800.395.1616**

Visit: **members.uprisehealth.com**