BEING A HEALTH LITERATE CONSUMER

Chapter 2, Section 3

GLENCOE HEALTH

**BIG IDEA:** A health literate consumer carefully health products and services.

**NEW VOCAB:**

* **health consumer**
* **advertising**
* **comparison shopping**
* **warranty**

**TAKE CHARGE OF YOUR HEALTH**

**You can learn to make good**   **choices.**

Being a smart shopper is especially important when it comes to making choices about and

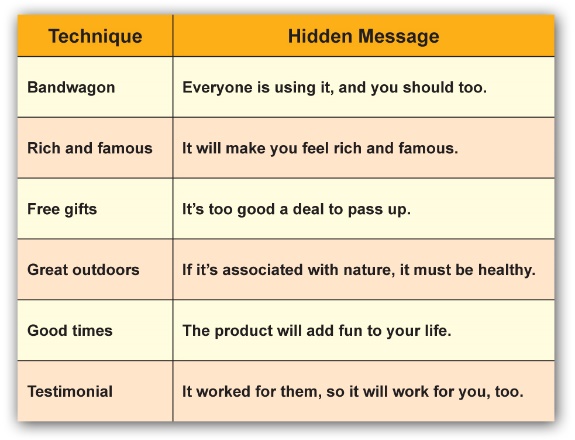
**MAKING INFORMED CHOICES**

It’s up to you, as a , to make informed buying decisions.

-someone who purchases or uses health products or services

Probably the most important influence you need to be aware of as a consumer is .

-a written or spoken media message designed to interest consumers in purchasing a product or service

**Being a health-literate consumer means being aware of and knowing how to evaluate**  **in advertising so you make**   **purchasing decisions.**

**EVALUATING PRODUCTS**

There are two effective ways to sharpen your consumer skills when buying health products:

1-

2-

**PRODUCT LABELS**

Labels give you important information about what a product contains.

1.

2.

3.

4.

5.

6.

7.

**COMPARISON SHOPPING**

A second great tool for smart health consumers is .

-judging the benefits of different products by comparing several factors, such as quality, features, and cost

Here are some criteria to consider when judging health products and services:

1.

2.

3.

4.

5.

6.

Before buying an expensive product, ask about the .

-a company’s or a store’s written agreement to repair a product or refund your money if the product doesn’t function properly

**EVALUATING HEALTH INFORMATION AND SERVICES**

To evaluate health information or services, ask yourself these questions:

* Does this information come from a ?
* Does the service come from a ?
* If the source is a Web site, who pays for the site? Is it a organization? What is the of the site?