Only 12 percent of adults have a proficient level of health literacy. One of the biggest hurdles to learning about health and healthcare decisions is the ability to access and use technology.

We developed the Digitally Empowered program to help cancer patients become more tech-savvy. Through a series of easy-to-follow video modules, coupled with resource guides, we are educating patients on technology and online support tools. Course objectives include:

- How to Access the Internet
- Identifying Credible Resources and Websites
- The Benefits of Your Patient Portal
- Using Social Media to Connect and Learn
- Navigating Your Health With Mobile Devices
- Apps for Convenience and Fun
- How to Use Telemedicine
- Accessing and Joining Online Support Communities

To learn more, please visit:

[powerfulpatients.org/digitally-empowered](http://powerfulpatients.org/digitally-empowered)

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