

# A Digitally Empowered Patient Is An Informed Patient

## DIGITALLY EMPOWERED™

Only 12 percent of adults have a proficient level of health literacy.<sup>1</sup> 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

## WHO WE ARE



Patient Empowerment Network (PEN) is a 501(c)(3) nonprofit organization. PEN's mission is to fortify cancer patients and care partners with the knowledge and tools to boost their confidence, put them in control of their healthcare journey, and assist them in receiving the best, most personalized care available to ensure they have the best possible outcome.

To learn more, please visit:

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

<sup>1</sup> Kutner, M., Greenberg, E., Jin, Y., and Paulsen, C. (2006). The Health Literacy of America's Adults: Results From the 2003 National Assessment of Adult Literacy (NCES 2006-483). U.S. Department of Education. Washington, DC: National Center for Education Statistics.