

SUPPLEMENTARY MATERIAL

Supplementary Table S1. Survey questions used for calculation of the Consumer Health Literacy Quotient (CHLQ)

	Always	Often	Sometimes	Occasionally	Never
Actively Managing Health 1. I set my own goals about health and fitness. 2. There are things that I do regularly to be healthy. 3. I eat a balanced, healthy diet. 4. I engage in actions to prevent illness.					
Confidence and skills to find and access information 5. I know where to find reliable and accurate health information. 6. I am able to find information about health and health problems when I need it. 7. I am able to get health information in words I understand. 8. I am able to get health information by myself.					
Confidence and skills to appraise health information 9. I am able to accurately identify symptoms and follow health advice. 10. I am able to understand health information. 11. I have clear understanding even if different sources have different information about the same health topic. 12. I feel confident using the health information to manage my own health and self-manageable conditions 13. I feel confident to understand and follow the instructions on pack.					
Support from social circle 14. I have family and friends who can give me useful advice on health so that I can confidently self-manage my health.					
Support from healthcare providers and system 15. I am able to access the right healthcare support whenever I need to (e.g., clinics, hospitals). 16. I have at least one healthcare provider who I can trust and go to for advice/seek treatment (e.g., doctors, pharmacists).					