

SUPPLEMENTARY MATERIAL

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

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