

ABC Life Literacy Canada – Health Matters Workbooks

Link	https://abclifeliteracy.ca/all-programs/health-matters/
Description	<p>These workbooks can be used to help learners develop a deeper understanding of how to advocate for their and their family's health and better understand how to access health care.</p> <p>Workbook #1 – Take Charge of Your Health - has 25 pages. Workbook #2 – Map Out Your Health - has 29 pages. The format of both manuals is highly interactive. The learner must reflect and use thinking skills and oral communication (with tutor).</p>
Media used	Online PDF (and printable from a computer/laptop/device)
Readability	Very good. Clear and easy to read.
Activities included	Short texts with illustrations, quizzes and checklists to do on a printed copy. When reading it online, your learner would need a separate notebook to write notes or type into a word document.
Multisensory	Visuals – illustrations that match content, diagrams, check boxes, lined boxes for written work
Language level	Early-intermediate and above. Units require learner to read short passages and answer questions.
Prerequisites	Open PDF viewer
Recommended Learning Mode	Videoconferencing with shared screen to read together online or email/snail mail + phone if using printed version.
Device compatibility	Laptop, tablet, smartphone, computer
Log-in/subscription	Register for a Health Matters Online Account to access the course - simple process needing a password.
Cost	Free
Diverse Content	Yes
Canadian Content	Yes – but Ontario focused. Quebec specific information may need to be sourced in some areas.
Tutor Comment	Great resource to help a learner learn more about health care in Canada. CLICK HERE and scroll down the page to find resources that are included in the manuals but could be used on their own.