

eHealth Literacy Scale

Level	item
functional	1. I cannot understand the symbols (such as BMI, Body Mass Index) and wording about health information.
	2. I find the online health information difficult to understand.
	3. I find the mathematical formulas provided in online health information difficult to calculate. (e.g., the algorithm of calorie consumption, BMI).
interactive	4. I can locate health information efficiently through search engines.
	5. I pay attention to and obtain new knowledge about online health information.
	6. I know how to get what I need from online health information.
	7. I understand the online health information I have obtained.
critical	8. I will think about whether the online health information applies to my situation.
	9. I try to find different sources to verify the credibility of health information.
	10. I evaluate the validity and reliability of online health information.
	11. I will browse various discussions and make a decision or action that is good for health.
	12. When I have questions or doubts about online health information, I use other channels to verify the information.
