REALM Health Literacy Test
(Rapid Estimate of Adult Literacy in Medicine)
How many of these words can you read aloud and pronounce correctly, each within five seconds? Start with the first column, reading down. Skip those you cannot read.

Fat    Fatigue    Allergic
Flu    Pelvic     Menstrual
Pill   Jaundice   Testicle
Dose   Infection  Colitis
Eye    Exercise   Emergency
Stress Behavior Medication
Smear  Prescription Occupation
Nerves Notify Sexually
Germs  Gallbladder Alcoholism
Meals  Calories   Irritation
Disease Depression Constipation
Cancer Miscarriage Gonorrhea
Caffeine Pregnancy Inflammatory
Attack Arthritis Diabetes
Kidney Nutrition Hepatitis
Hormones Menopause Antibiotics
Herpes Appendix Diagnosis
Seizure Abnormal Potassium
Bowel  Syphilis    Anemia
Asthma Hemorrhoids Obesity
Rectal Nausea Osteoporosis
Incest Directed Impetigo

SCORE
Add up the number of words pronounced correctly.

0—18 words  Third grade or below You will not be able to read easy materials. You will need repeated oral instructions, materials composed primarily of illustrations, or audio or videotapes,

19—44 words  Fourth to sixth grade You will need easy materials. You will not be able to read prescription labels.

45—60 words  Seventh to eighth grade You will struggle with most patient education materials and will not be offended by low-literacy materials.

61—66 words High school You will be able to read most patient-education materials

Source: Rapid Estimate of Adult Literacy in Medicine
The New York Times