

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*