



# eHELPEd-IT

Electronic Health Literacy  
Perspectives, Education  
and Digital Tools

Project no.: 2024-1-RO01-KA220-HED-000254430

We are delighted to introduce the first deliverable of the Electronic Health Literacy Perspectives, Education and Digital Tools Project (eHELPEd-IT): a practical, open-source guide, developed by experts from 6 European countries.

Whether you're a student, professor, health professional—or simply curious about improving your electronic health literacy skills — this handbook is for you!

## CONSORTIUM



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Universitas Studiorum  
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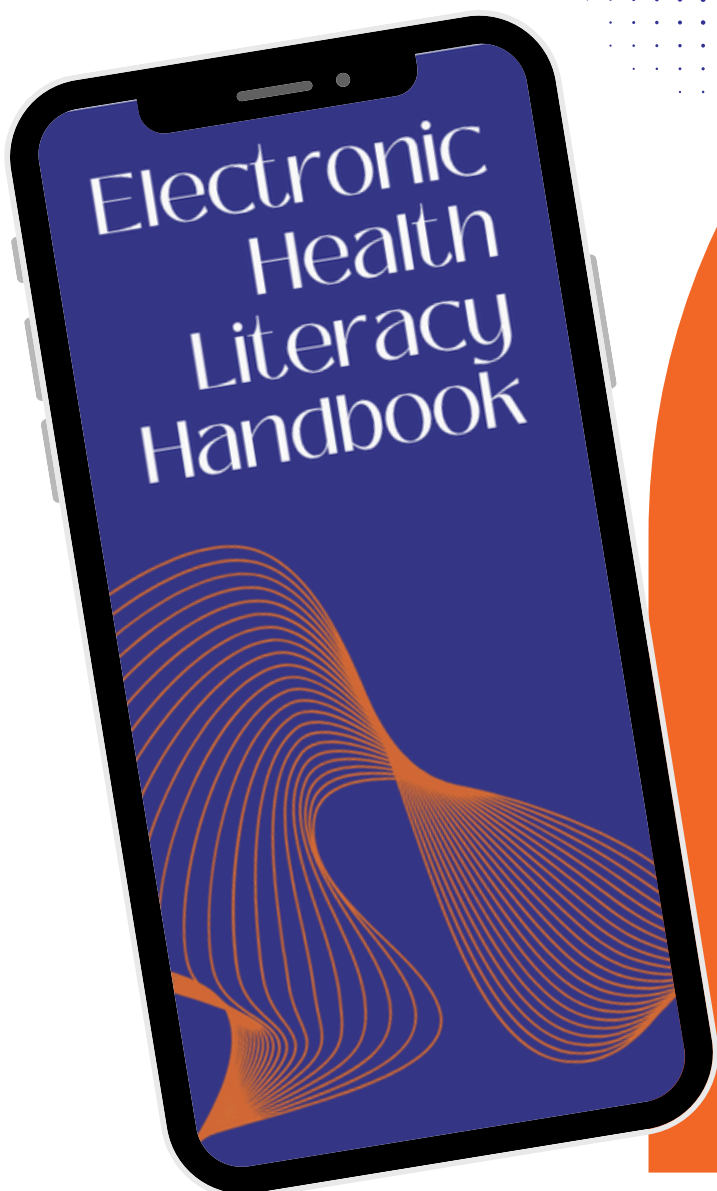


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## The eHL Handbook offers:

- Up-to-date & easy-to-read information on eHL;
- Practical recommendations for individuals, organizations, universities and communities;
- Links to key factors: impostor syndrome, self-efficacy & source credibility;
- Interactive features: self-assessment tests, case studies, reflective and practical activities;
- Expert-validated & student-reviewed content;
- Available in 6 languages English, Romanian, Bulgarian, Greek, Polish, Lithuanian & Croatian;
- Accessible formats for the visually impaired persons (Braille & audio).



Scan the QR code to download the  
Electronic Health Literacy  
Handbook!



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