







## Digital Health Access

The North Carolina Digital Skills Standards are designed to be practical and relevant to the everyday experiences of adult residents. One powerful way to see their value is through the lens of digital health access—ensuring that all individuals have access to the digital tools, skills, and confidence needed to manage their health online. From scheduling appointments and accessing telehealth services to understanding digital health records and protecting personal information, navigating today’s healthcare system increasingly requires strong digital skills. The following example illustrates how each of the six standards applies to real-world situations.

<b>Digital Identity</b> 	<p>Digital identity is a critical part of navigating the digital healthcare landscape. Creating secure credentials for use on Patient Portals is an important step to accessing medical care and records. Telehealth services also require secure credentials or access to Patient Portals. Understanding how to create and maintain a secure Digital Identity can help residents have access to more health resources.</p>
<b>Digital Wellbeing</b> 	<p>Technology reaches most corners of our lives and it is difficult to manage every interaction with technology in our daily lives. Overreliance on technology can lead to mental health issues and cause isolation for residents. Understanding the appropriate balance of technology use prevents issues from escalating.</p> <p>Personal privacy is also a critical component of Digital Wellbeing. From using safe and trusted communication in online portals to managing what information you are willing to share publicly,</p>
<b>Digital Relationships</b> 	<p>The internet can provide connection with others who might be navigating similar healthcare concerns. While it is important to maintain privacy and security in interactions, digital support groups can provide emotional support for challenges.</p> <p>The internet also allows for online care planning, partnering with healthcare professionals to coordinate care for acute or long-term health conditions.</p>
<b>Digital Safety</b> 	<p>Healthcare information is available at our fingertips within our digital medical records and patient portals. With that convenience comes necessary security to ensure privacy in healthcare matters.</p> <p>Technological advances have made wearable health devices a reality for many facing health concerns. From portable heart monitors, to constant glucose monitoring, many wearable health devices help residents stay safe and healthy.</p>
<b>Digital Reasoning</b> 	<p>Making informed decisions is a vital part of managing healthcare. Evaluating healthcare information is essential in determining which choices might meet needs. Understanding the nature of online platforms and how to determine where information is sourced is essential to understanding how to use or not use that information to make decisions.</p>
<b>Digital Futures</b> 	<p>AI applications are advancing rapidly, and AI healthcare applications have already begun being used by some providers. Understanding how these tools are being used and how private information is being stored and handled is important for maintaining your personal healthcare security, as well as understanding new opportunities for diagnosis and treatment that were not possible before these emerging technologies.</p>