

Self-Care and Universal Health Coverage

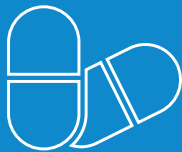


Universal health coverage ensures all people, everywhere, can access quality essential health services.

Why is self-care so important to attain universal health coverage?

Self-Care supports people

Self-care practices empower individuals by providing them with the information and tools to make decisions about their own health and care.



More than **1 in 3** people worldwide have limited health literacy.



Self-care interventions for every country and economic setting represent a viable solution to promote health and to serve vulnerable populations.



Self-Care supports healthcare professionals



Increased individual health empowerment promotes the efficient use of limited healthcare resources and relieves the burden on healthcare providers - saving **1.8 billion** physician hours to attend to more severe health conditions.

Selfcare supports Governments and health systems

Thanks to self-care practices, healthcare systems and national economies worldwide currently save annually approximately **\$119 billion** per year globally.



Every **\$1** spent on OTC medicines saves national healthcare systems and economies **\$6.70**



We call for the adoption of a resolution on selfcare which would:

1 Enhance public health literacy and education

2 Adopt, integrate and scale digital tools for self-care

3 Empower healthcare professionals and increase their capacity on selfcare

4 Support policies that promote selfcare practices



The **United for Self-Care Coalition** is a global group of like-minded organisations unified by one common goal – to achieve UHC through codifying recognition of the value of self-care within the WHO system, encouraging a WHO Resolution on Self-Care and/or inclusion of self-care as a meaningful component of progress.

