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Anna-Sophia Beese is a public health researcher specialized in health literacy, integrated care, and health promotion and prevention. She is a scientific project lead at the Careum Center for Health Literacy in Zurich and lectures in the fields of health literacy, integrated care, and public health. Her work explores health literacy at individual, organizational, and system levels, with a particular focus on digital and organizational health literacy and the role of health professionals in strengthening people's ability to navigate complex health information and services. She is also engaged in research on integrated care and interdisciplinary collaboration within complex healthcare systems. Her work combines academic research with practical application, aiming to translate evidence into approaches that strengthen health literacy and improve healthcare and health-related decision-making.