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Chapter 1     Understanding Your Health and Wellness

Name _____________________________________________________________  Date ___________________________

Chapter 1 Practice Test

Completion: Write the term that completes the statement in the space provided.

1. The ability to locate, interpret, and apply information pertaining to your health is called health ________________
   learning.

2. ________________ learning is the continuing pursuit of learning and studying throughout life.

3. A ________________ is someone who purchases goods and services.

4. A 2010 law that expanded access to health insurance to more Americans and included a “Patient’s Bill of Rights” was the
   ________________.

5. The ________________ division of the United States Department of Health and Human Services provides leadership, funding,
   and oversight of the healthcare system.

True/False:
Indicate whether each statement below is true or false by circling either T or F.

6. A problem in one dimension of health will not affect other dimensions of health.

7. Reliable health information can usually be found on websites with URL stems of .gov, .edu, and .org.

8. The size or popularity of a newspaper or magazine is a good indicator of how much you can trust the information it provides.

9. Your actions can affect your health.

10. The healthcare field employs more people than any other type of business in the United States.

Multiple Choice:
Write the letter that corresponds to the correct answer in the blank space.

11. Which of the following is true about the theories and health claims resulting from pseudoscience?
   A. They are based on experimentation and observation.
   B. They are peer-reviewed.
   C. They cannot be repeated.
   D. They are verified by other scientists.

12. The health claim, “Use this product for one week and get rid of acne forever!” is an example of
    ________________.
    A. health promotion
    B. health literacy
    C. science
    D. pseudoscience

13. The ________________ is a type of health insurance that only pays when the patient uses doctors and hospitals that are
    members of a network.
    A. primary care system
    B. health maintenance organization
    C. life and disability system
    D. preferred provider organization

14. A type of healthcare professional who can deliver primary care services, but who works under the supervision of
    physicians, is a(n) ________________.
    A. osteopathic doctor
    B. specialist
    C. nurse
    D. physician assistant

15. ________________ is a type of government-funded health insurance for people who are 65 years of age and older.
    A. The Affordable Care Act
    B. Medicare
    C. Medicaid
    D. Social Security