Foundations 1E Quiz Questions Lesson 2.4

1. Self-care decisions and behaviors are important, but they have little impact on long-term health.

a. True

b. False

Answer: \_\_\_\_\_

2. It is recommended that everyone over two years old see their doctor \_\_\_\_\_\_\_\_\_\_ for a basic exam.

a. once every six months

b. once a year

c. once every two years

d. once every three years

Answer: \_\_\_\_\_

3. All of the following are parts of your medical history EXCEPT

a. known allergies to medications

b. all shots (vaccinations) you have had

c. your best one-mile (1.6 km) time

d. all past major medical events you have had, including surgeries and hospitalizations

Answer: \_\_\_\_\_

4. A majority of Americans get their health insurance from

a. private insurance plans through their employer

b. their own personal insurance plans

c. government insurance coverage through the military

d. government-funded programs such as Medicaid and Medicare

Answer: \_\_\_\_\_

5. Which of the following is an example of assertive communication?

a. “I feel cheated that this product didn’t work. It’s no good, and you shouldn’t even be selling it.”

b. “Why do I have to tell you that? That’s personal. I feel angry that you would even ask me that question.”

c. “I felt worried when you didn’t answer my question. I need you to be clear about what’s going to happen.”

d. “I feel put down when you ask me if I understand what you’re saying, and I need you to stop doing that.”

Answer: \_\_\_\_\_