

### Managing Your Own Self-Care

1. Define self-care in the first box below and then list three ways to demonstrate self-care.

<b>Self-care:</b>			

### Your Medical History

2. Your medical history can inform decisions you and your health care team make. What types of things should you know about your medical history? Fill in the remaining boxes.

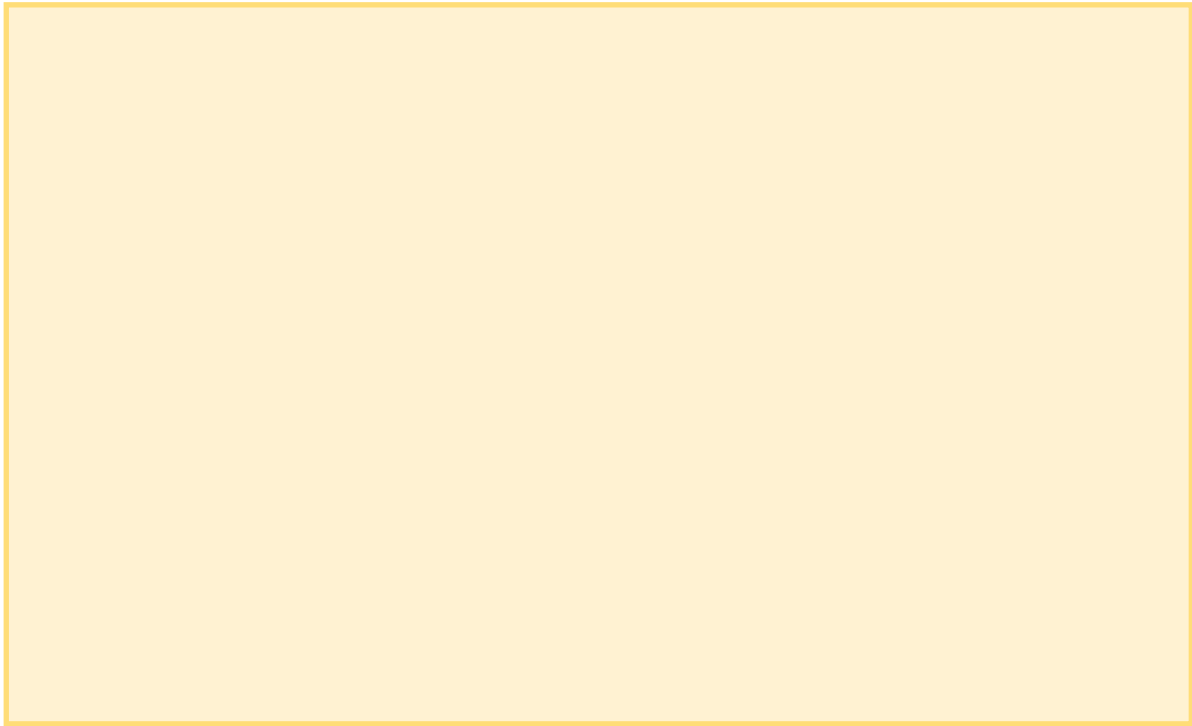
Name, dose, and reason for medications used in the past 6 months.		
	Any past major medical events.	

### Routine Medical Screens

3. A \_\_\_\_\_ is a medical test administered to patients to check for early signs of disease.

### Self-Examinations

4. Name three types of self-examinations, and describe the benefits of self-exams.



### Being a Health Care Consumer

5. When you use medical services, buy a health-related product, select a physician or other medical professional, or go to the dentist, you are being a health care \_\_\_\_\_.
6. A \_\_\_\_\_ is a store that sells legal prescription and OTC drugs.
7. A \_\_\_\_\_ is an individual who can answer your questions and help you find the product that is best for your situation.

### Product Labels

8. The \_\_\_\_\_ will tell you how much of the product is in the container, how much you need to use or take at one time, and what the ingredients are.
9. With many health-related products, the label also identifies the amount of a(n) \_\_\_\_\_ ingredient the product has. The active ingredients are the chemicals or drugs in a product responsible for the desired effect.

### Comparison Shopping

10. In the blanks in the boxes, identify three things you need to consider before purchasing a product.

--	--	--

### U.S. Health Care System

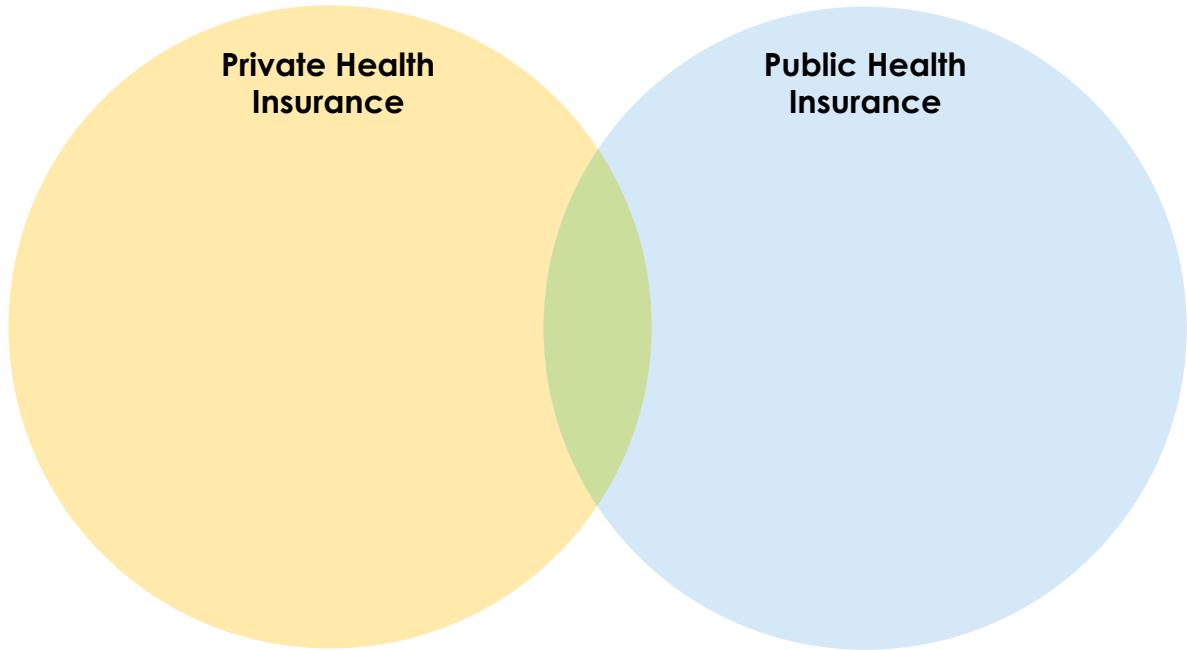
11. Most Americans have some form of health insurance with a majority of people being covered by private insurance plans through their employers. Complete the chart below on common types of health insurance plans.

<b>Managed care</b>	
	Although you have the option to see any medical professional you want, these plans require you to pay on average 20 percent of all medical bills out of pocket (by yourself).
<b>Health maintenance organization (HMO)</b>	
<b>Preferred provider organization (PPO)</b>	
	These plans provide a combination of HMO and PPO services that allows you to use a primary care physician, both in or out of network. Costs vary depending on the specifics of the plan.

## CHAPTER 2 Personal and Consumer Health

### Lesson 2.4

12. Health insurance provides financial coverage for all or some medical related expenses in exchange for individuals paying a monthly fee, or premium. Describe the difference between private health insurance and public health insurance in the space below.

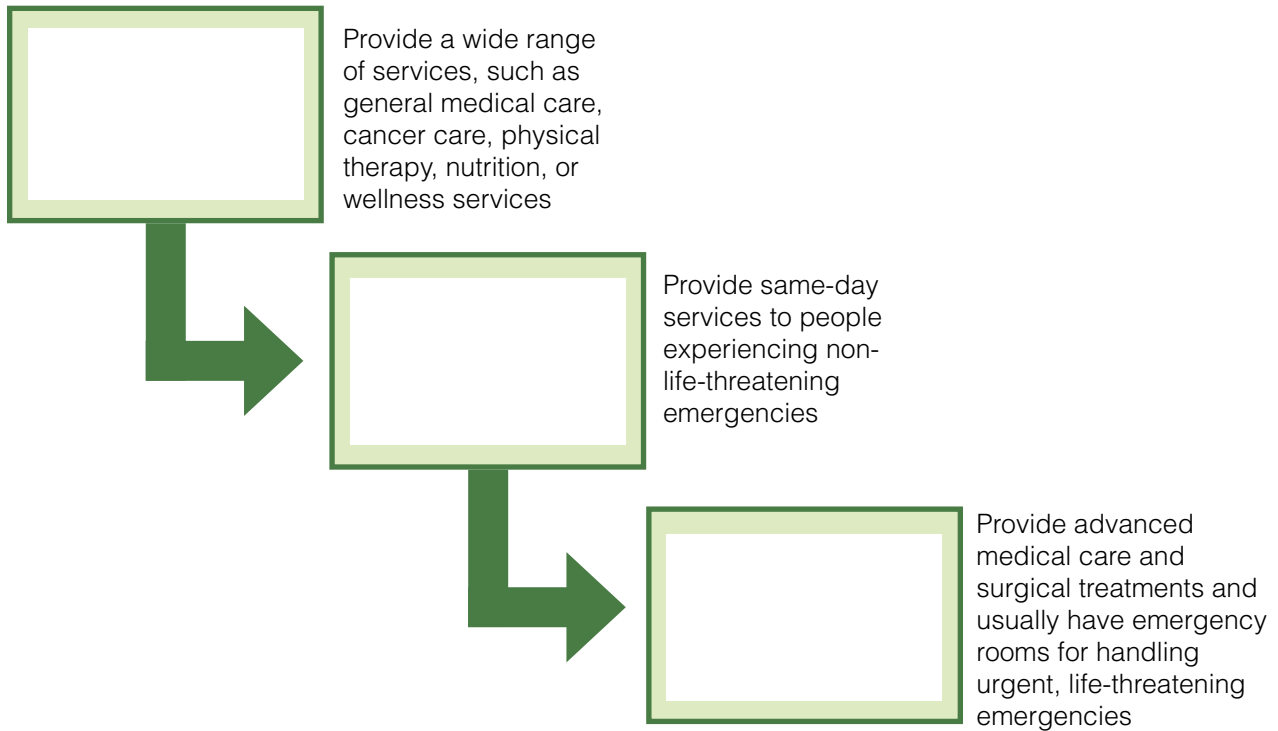


### School Health Clinics

13. Many schools have a school nurse or another health care professional who works in an office at the school. When there is such a service at the school, it is called a school health \_\_\_\_\_ or center.

## Other Clinics, Centers, and Hospitals

14. Identify the medical facility in the blanks.



## Consumer Rights and Responsibilities

Complete the sentences.

15. As a health care consumer, you have responsibilities, such as

- being honest and forthcoming with \_\_\_\_\_,
- providing an accurate and complete \_\_\_\_\_, and
- asking questions when you are \_\_\_\_\_.

16. As a health care consumer, you have rights, such as

- receiving accurate and easily \_\_\_\_\_,
- having a choice of \_\_\_\_\_,
- receiving emergency care \_\_\_\_\_,
- participating in \_\_\_\_\_,
- being treated with \_\_\_\_\_,
- having your \_\_\_\_\_ remain confidential, and
- receiving a fair, fast, and objective review of complaints against a \_\_\_\_\_.

## Using Assertive Communication

17. Identify the four steps to being assertive:

1.

2.

3.

4.

18. Complete an example of how to be assertive.

I feel \_\_\_\_\_

when \_\_\_\_\_

because \_\_\_\_\_.

I need \_\_\_\_\_.