

### ZAP! Questions: Navigating the Healthcare System

			1. According to the World Health Organization, being in a state of complete physical, mental, and social well being and not merely the absence of disease is: <b>Answer:</b> Health
			2. What do we call the signs and warnings our body uses to tell us there are health problems? <b>Answer:</b> Symptoms
			3. What is the plan you can purchase that will help you cover the costs of medical care? <b>Answer:</b> Health Insurance
			4. Someone who is able to effectively communicate his/her own interests, desires, needs, and rights is a: <b>Answer:</b> Self Advocate
			5. You have a doctor's appointment this afternoon and your Mom hands you \$20. She says it is for the "out-of-pocket" expenses you have to pay directly to the doctor when you check-in. What is the term for these out of pocket expenses? <b>Answer:</b> Co-Pay
			6. This type of medication requires a note from the doctor. <b>Answer:</b> Prescription
			7. What is one resource we talked about during this unit you can use to remember your illnesses, injuries, surgeries, medications, and/or allergies? <b>Answer:</b> Medical App, Notes in Phone
			8. Name one way you can find a new Primary Care Physician. <b>Answer:</b> Word of Mouth, Online Research (through insurance company's website or another reliable website)
			9. The front desk secretary at the doctor's office asks you for proof of insurance. How can you prove your visit is covered by your insurance plan? <b>Answer:</b> Show her your insurance card
			10. Valerie knows she is at risk for heart disease because both of her grandparents have this disease. She found this out by talking with her Mom. Valerie knows her: <b>Answer:</b> Family Health (Medical) History
			11. When you complete a registration form, you will be asked for an emergency contact. What is an emergency contact and give an example of a person that could be an effective emergency contact? <b>Answer:</b> Person that should be called if you need immediate help, who is a responsible, consistent, adult; Aunts, Uncles, Grandparents, Parents
			12. You go to this doctor for routine care. <b>Answer:</b> PCP
			13. You went to your PCP because you had a lot of pain in your foot. Your PCP decides they cannot give you the best care and thinks you need to be referred to this person: <b>Answer:</b> Specialist
			14. You are out playing pick up basketball and your friend lands funny on his ankle. He said he heard a snap sound, he is in a lot of pain, he can't walk on it, and it looks really crooked; you think it might be broken. Where do you take your friend? <b>Answer:</b> Emergency Room
			15. Name the doctor that takes care of children. <b>Answer:</b> Pediatrician
			16. Name the four types of PCP doctors. <b>Answer:</b> Pediatrician, Family/General, Internist, Dentist
			17. Services offered by professionals that help prevent, treat, and manage illness along with preserving mental & physical well-being <b>Answer:</b> Healthcare
			18. Adam goes to the doctor with a loss of interest in daily activities, intense sadness, and feelings of helplessness. He is told he has depression. Depression is his: <b>Answer:</b> Diagnosis

			<p>19. What is one question a person might consider when choosing a new PCP?</p> <p><b>Answer:</b> Take my insurance, friendly staff, location, convenient office hours, doctor's communication styles, personal involvement, doctor accessibility (how easy to contact, what means of contact), <i>any other answer that makes sense</i></p>
			<p>20. Anna went to the doctor because she thought she might have an STD. She talks to the doctor about her options regarding testing and treatment. Can the doctor tell her parents about this? Why or why not?</p> <p><b>Answer:</b> No; privacy/confidentiality</p>
			<p>21. What is the name for chemicals and/or drugs that come in different forms and are used to treat a variety of conditions?</p> <p><b>Answer:</b> Medicine/Medications</p>
			<p>22. You can buy this type of drug in stores like Walmart, CVS, and Wawa. You do not need a doctor's note.</p> <p><b>Answer:</b> Over-the-Counter</p>
			<p>23. Name one reason why someone might choose a generic name drug over a brand name drug.</p> <p><b>Answer:</b> Cost</p>
			<p>24. Name the two different types of insurance.</p> <p><b>Answer:</b> Private &amp; Government Subsidized (Medicaid)</p>
			<p>25. Frank knows how to obtain, process, and understand basic health information and the services needed to maintain his health. This means he is:</p> <p><b>Answer:</b> Health Literate</p>
			<p>26. How long can you stay on your parents' health insurance? (age)</p> <p><b>Answer:</b> 26</p>
			<p>27. Brad's grandfather and mother have diabetes and his dad has experienced issues with hypertension. Brad frequently eats fast food, plays a lot of video games, and spends a lot of time in his room, on his phone. What is one recommendation a doctor would make for Brad? Why would the doctor make this recommendation?</p> <p><b>Answer:</b> Lifestyle changes; already at risk with family history and current lifestyle increases risk</p>
			<p>28. Why is it important to share your allergies with your doctor before he/she makes a diagnosis</p> <p><b>Answer:</b> Don't want doctor to diagnose and treat an illness when symptoms could be a result of allergies</p>
			<p>29. You trip and sprain your ankle. It hurts pretty badly and it is a little swollen. Where should you go to get help?</p> <p><b>Answer:</b> Urgent Care</p>
			<p>30. What section of an OTC drug label do you look at to find how much of the medication to give your 10-year-old sister?</p> <p><b>Answer:</b> Directions</p>
			<p>31. What is one reason you might go to the emergency room?</p> <p><b>Answer:</b> Life threatening or serious illness</p>
			<p>32. Why do children get vaccines for diseases that are no longer common?</p> <p><b>Answer:</b> Vaccines keep those diseases uncommon</p>
			<p>33. What is one reason why it is important to read the inactive ingredients on an over the counter drug label?</p> <p><b>Answer:</b> Allergies, drug interactions</p>
			<p>34. When you look at an insurance card, how can you tell if that plan covers prescription medications?</p> <p><b>Answer:</b> "Rx" symbol</p>
			<p>35. What is the name of the time period where you can change your current insurance plan or purchase a new plan?</p> <p><b>Answer:</b> Open Enrollment</p>
			<p>36. Give one reason why it is important for you to find the right Primary Care Physician for yourself.</p> <p><b>Answer:</b> Need to trust them and medical advice they give; best able to provide long term care</p>

				<p>37. What four pieces of information do you need to have ready when you call to make a doctors appointment?</p> <p><b>Answer:</b> Name &amp; birthdate, why you need to visit, insurance information, when you are available for an appointment</p>
				<p>38. Name one quality of a good self advocate.</p> <p><b>Answer:</b> Respectful, speak up when don't understand, know rights, ask questions <i>(or any other answer that makes sense)</i></p>
				<p>39. What could happen to someone if they were health <b>illiterate</b>?</p> <p><b>Answer:</b> Take wrong medication, not get proper care, not make good decisions about health <i>(or any other answer that makes sense)</i></p>
				<p>40. Name one reason why you might visit your Primary Care Physician.</p> <p><b>Answer:</b> Routine care or sick visit</p>
				<p>41. Where can you get insurance if you don't get if through an employer and you don't qualify for Medicaid?</p> <p><b>Answer:</b> Insurance Exchange</p>
				<p>42. Why is it important to know your family health (medical) history?</p> <p><b>Answer:</b> Help doctors give you best treatment based on what you are at risk for</p>