

# Navigating the Health Care System

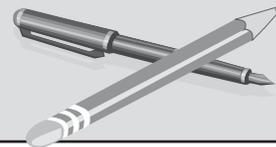
## Pre-Survey

Grade \_\_\_\_\_ Teacher's Name \_\_\_\_\_ Class Period \_\_\_\_\_

- Use a pencil or blue or black pen.
- Fill bubbles completely.
- Do not mark answers with ✓s or Xs.

Like this:

Not like this:



1. Knowing how to obtain, process and understand basic health information and services needed to make good health decisions is:

- a. Self advocacy
- b. Health care system
- c. Health literacy
- d. Medical history

2. Which of the following is NOT a quality of a good self advocate?

- a. Ask questions
- b. Actively listen
- c. Be prepared and organized
- d. Do whatever the doctor tells you even if you do not understand

3. My parent/caregiver must stay with me in the exam room at all times during my doctor appointment until I am 18 years old?

- a. True
- b. False

4. If I go to the doctor because I think I have a sexually transmitted infection or may be pregnant, my doctor will have to tell my parent/caregiver since I am underage.

- a. True
- b. False

5. If I hurt my ankle while playing football on a Sunday afternoon I should go to:

- a. My doctor's office
- b. The emergency room
- c. An urgent care center

6. If I go to the doctor for a cold, the best example of being a good self advocate is to tell my doctor:

- a. I have been feeling sick for a little while.
- b. I have had coughing, sneezing and sore throat for one week.
- c. I don't feel well.

7. If I go to the doctor with wheezing, tightness in my chest and a lot of coughing and he or she tell me I have asthma; asthma is my:

- a. Symptom
- b. Prescription
- c. Explanation of benefit
- d. Diagnosis

8. My girlfriend/boyfriend or best friend is a good emergency contact if I need medical help immediately because we always hang out together.

- a. True
- b. False

9. If my grandmother had a heart attack at a young age I should:

- a. Tell my doctor when he/she asks about my family history.
- b. Not worry because her health doesn't affect mine since she is much older than me.
- c. Only tell my doctor if I have problems with my heart too.

10. If I am sick and the doctor gives me medicine (an antibiotic) I should only take it until I am feeling better because taking too much medication is not good for me.

- a. True
- b. False

11. Type of insurance available at low or no cost based on family size and income level:

- a. Private insurance
- b. Insurance exchange
- c. Government insurance/Medicaid/CHIP
- d. Prescription coverage

12. To get an over-the-counter medicine I do not need a prescription from my doctor:

- a. True
- b. False

—OVER—→

DO NOT WRITE IN THIS BOX



13. If my doctor gives me a prescription for medication at my appointment I should:

- a. Hold onto it in case I start to feel worse.
- b. Throw it away because the doctor did not give me any pills to take at the appointment.
- c. Take it to a pharmacy so I can get the medication.

14. Three types of doctors who are considered primary care doctors are:

- a. Family/general, internist, pediatrician
- b. Family/general, specialist, pediatrician
- c. Emergency department doctor, extern, pediatrician
- d. Eye doctor, dentist, pediatrician

15. Vaccines for chicken pox, mumps and measles are no longer necessary because people don't get these illnesses anymore.

- a. True
- b. False

16. I can stay on my parents health insurance until:

- a. I am 18 years old.
- b. I finish a four-year college degree.
- c. I get married.
- d. I am 26 years old.

17. My parents' jobs do not give them health insurance so I cannot have any health insurance.

- a. True
- b. False