**Navigating the Healthcare System: Activities At-A-Glance**

NTHCS activities are offered in multiple formats so that presenters have options suitable for either in-person or virtual sessions.

The table below summarizes activities and formats, with links. Content in the table is also repeated throughout the Facilitator’s Guide.

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| **MODULE 1** |
| **Activity** | **Slide(s)** | **Workbook Page(s)** | [**Materials in Zip File**](https://www.movinghealthcareupstream.org/navigating-the-health-care-system-zip-files/) | [**Electronic Workbook**](https://nthcs.nemours.org/teacher.php) **Activities** | **Other Platforms** |
| (optional) NTHCS Pre-Survey | Slide 3 | n/a | NTHCS Pre-SurveyNTHCS Pre-Post Answer Key | Activity 5.1.1 NTHCS Pre-Survey | n/a |
| ZocDoc Insurance Commercial - Video | Slide 2 | n/a | n/a | n/a | Vimeo - [Intro Video](https://vimeo.com/292664708) password: nthcs (all lower case) |
| Words Worth Knowing / Your Interpretation | Slides 4-5 | n/a | n/a | n/a | ClassKick - [Words Worth Knowing](https://app.classkick.com/#/assignments/AXPtrPdqRaSa578PuydFMg) |
| Self-Advocacy - Video | Slide 7 | n/a | n/a | n/a | YouTube - [Exact Instructions Challenge](https://www.youtube.com/watch?v=cDA3_5982h8) |
| Self-Advocate Qualities | Slide 8 | p3 | n/a | Activity 1.1.1 Self Advocate Qualities | n/a |
| Where Do I Go?, Book Version | Slide 17 | p6 | * Where Do I Go?, Book Version- Answer Key
* Using Kahoot!
 | Activity 1.2.1 Where Do I Go? Book Version | [Kahoot - Where Do I Go? Book Version](https://create.kahoot.it/share/where-do-i-go-for-care/4d73e470-53c9-4612-a979-2631b2d18a45) |
| Where Do I Go?, Alternate Activity | Slide 18 | n/a | * Where Do I Go?, Alternate Activity- Scenario Cards, Wall Signs, and Answer Key
* Using Kahoot!
 | Activity 1.2.2 Where Do I Go? Alternate Activity | [Kahoot - Where Do I Go? Alternate Activity](https://create.kahoot.it/share/where-do-i-go-for-care-version-2/c5607ed8-fa15-4b9d-9f61-6647e728b936) |
| Family Health History | Slide 19-20 | p 6-9 | Family Health History- Under 18 Family Health History- 18+ | Activity 1.3.1 Family Health History- Under 18Activity 1.3.2 Family Health History- 18+ | n/a  |
| **MODULE 2**  |
| **Activity** | **Slide(s)** | **Workbook Page(s)** | [**Materials in Zip File**](https://www.movinghealthcareupstream.org/navigating-the-health-care-system-zip-files/) | [**Electronic Workbook**](https://nthcs.nemours.org/teacher.php) **Activities** | **Other Platforms** |
| Responsible Medication Use | Slide 5 | n/a | * Responsible Medication Use- Instructions\_Scenarios\_Answers
* Responsible Medication Use-Game Cards
* Responsible Medication Use-Answer Key
* Using Kahoot!
 | Activity 2.1.1 Responsible Medication Use | Kahoot! - [Responsible Medication Use](https://play.kahoot.it/#/k/cdc73c98-d435-4351-9a6b-9c0c240b9279) |
| Reading Drug Labels - Video | Slide 6 | n/a | n/a | n/a | Vimeo – [Clip from “Dr. House”- Inhaler Mistake](https://vimeo.com/292673007)password: nthcs (all lower case) |
| Reading OTC Drug Labels, Book Version | Slide 8 | p16 | * Reading OTC Drug Labels, Book Version- Answer Key
 | Activity 2.2.1  Reading OTC Drug Labels, Book Version | n/a |
| Reading OTC Drug Labels, Alternate Activity | Slide 8 | n/a | * Reading OTC Drug Labels, Alternate Activity- Sample Label
* Reading OTC Drug Labels, Alternate Activity- Questions
* Reading OTC Drug Labels, Alternate Activity- Answer Key
 | Activity 2.2.2 Reading OTC Drug Labels, Alternate Activity | n/a  |
| Vaccine Fact or Myth | Slides 10-16 | p17 |  n/a | Activity 2.3.1 Vaccine Fact or Myth | n/a |
| **MODULE 3**  |
| **Activity** | **Slide(s)** | **Workbook Page(s)** | [**Materials in Zip File**](https://www.movinghealthcareupstream.org/navigating-the-health-care-system-zip-files/) | [**Electronic Workbook**](https://nthcs.nemours.org/teacher.php) **Activities** | **Other Platforms** |
| Health Insurance: Vocabulary Matching (part one) | Slide 3-4 | n/a | * Health Insurance Vocabulary Matching Worksheet (Complete items #1-6)
* Health Insurance Vocabulary Matching Worksheet- Answer Key
 | Activity 3.1.1 Health Insurance Vocabulary Matching (Complete items #1-6) | n/a |
| Health Insurance Vocabulary Matching (part two) | Slide 10 | n/a | * Health Insurance Vocabulary Matching Worksheet (Complete items #7-12)
* Health Insurance Vocabulary Matching Worksheet- Answer Key
 | Activity 3.1.1 Health Insurance Vocabulary Matching (Complete items #7-12) | n/a |
| What is Health Insurance - Video | Slide 11 | n/a | n/a | n/a | Vimeo – [What Is Health Insurance](https://vimeo.com/292699046)password: nthcs (all lower case) |
| Reading Insurance Cards, Book Version | Slide 13 | p26 | Reading Insurance Cards, Book Version- Answer Key | Activity 3.2.1 Reading Insurance Cards, Book Version | n/a |
| Reading Insurance Cards, Alternate Activity | Slide 13 | n/a | * Reading Insurance Cards, Alternate Activity
* Reading Insurance Cards, Alternate Activity- Answer Key
 | Activity 3.2.2 Reading Insurance Cards, Alternate Activity | n/a |
| Understanding Confidentiality- Communication with Adults | Slide 14 | n/a |  n/a | n/a | Vimeo- [Understanding Confidentiality- Communication with Adults](https://vimeo.com/625570925)password: nthcs (all lower case) |
| Self-Advocacy: How to Be Your Own Healthcare Advocate | Slide 14 | n/a | n/a | n/a | YouTube- [Teen Self-Advocacy: How to Be Your Own Healthcare Advocate](https://www.youtube.com/watch?v=W4C3mLDOjnU)   |
| **MODULE 4**  |
| **Activity** | **Slide(s)** | **Workbook Page(s)** | [**Materials in Zip File**](https://www.movinghealthcareupstream.org/navigating-the-health-care-system-zip-files/) | [**Electronic Workbook**](https://nthcs.nemours.org/teacher.php) **Activities** | **Other Platforms** |
| Scheduling an Appointment | Slides 4-5 | p32-33 | Using Kahoot! | Activity 4.1.1 Scheduling an Appointment | Kahoot! - [Scheduling an Appointment](https://create.kahoot.it/share/preparing-for-a-visit/565a4261-cfbd-4365-a518-b19b77a072d9) |
| Be Your Own Advocate | Slides 14-18 | p42 | n/a | Activity 4.2.1 Be Your Own Advocate | n/a |
| (optional) NTHCS Post-Survey | Slide 19 | n/a | NTHCS Post-SurveyNTHCS Pre-Post Answer Key | Activity 5.1.2 NTHCS Post-Survey | n/a |
| **OPTIONAL REVIEW ACTIVITIES** |
| **Activity** | **Slide(s)** | **Workbook Page(s)** | * [**Materials in Zip File**](https://www.movinghealthcareupstream.org/navigating-the-health-care-system-zip-files/)
 | [**Electronic Workbook**](https://nthcs.nemours.org/teacher.php) **Activities** | **Other Platforms** |
| Did You Get the Jist? | all | all | * Did You Get the Jist?- Instructions
* Did You Get the Jist?- Blank Worksheet
 | n/a | n/a |
| Jeopardy! | all | all | * Health Literacy Jeopardy!
* Jeopardy! Answer Key
 | n/a | n/a |
| ZAP! | all | all | * ZAP! Instructions
* ZAP! Game Cards
* ZAP! Answer Key
 | n/a | n/a |
| Quiz | all | all | NTHCS Quiz- Answer Key | Activity 5.2.1 NTHCS Quiz | n/a |