

Medical Self-Care Quiz

Please take this quiz and return it to the employee wellness table at Benefits Information/Wellness Day (Oct. 26 from 9 a.m. - 2 p.m. in AMU, Monaghan Ballroom) to be entered into a drawing to receive one of the 100 Self-Care Guides that will be given away. This guide will help you manage your healthcare and live well.

Name _____ **Department** _____

Email _____

Gender: Male Female

Job Classification: Faculty Administrator Support Staff

1. Self-care includes being an informed consumer and taking an active role in managing my health.	True	False
2. Managing my health means I don't need to work with a healthcare provider.	True	False
3. Many minor medical conditions can be treated safely at home.	True	False
4. Self-care does not include getting regular health screenings and checkups.	True	False
5. Preventing unnecessary healthcare visits, improving quality of care, and increasing my confidence and control, are all benefits of practicing self-care.	True	False
6. Preventing medical errors is not something I need to be concerned about or should play a role in.	True	False
7. Asking questions at doctor visits helps me to feel better about my medical care, but it does not help to improve the care I get.	True	False
8. As long as my healthcare provider keeps track of my medical records, there isn't a reason to keep a personal health record.	True	False
9. People who are well informed about their treatment are more satisfied with their results.	True	False
10. I should bring a list of all the medicines I take, including over-the-counter, and the doses for each, with me to every doctor visit.	True	False