5 Health



Afaq-lc.com



UNIT OUTCOMES

- Identify practices that promote mental and physical well-being
- Ask about medical bills
- Interpret health insurance information
- Identify addictions
- Interpret procedures for first aid
- Explore careers in emergency medical services

Look at the photo and answer the questions.

1. What are these people doing?
2. When you are on the train or the bus, what are some things you can do instead of looking at your phone?
3. What is *technology addiction*?
4. What problems can technology addiction cause to a person?
5. Who do you think is more likely to become addicted to technology: children, teens, or adults? Why?

Afaq-lc.com

Vocabulary Builder

A **A *word family* is a group of words with the same root. The words all have similar meanings but are used as different parts of speech. Look at the example.**

Noun(s)	Verb	Adjective
survival, survivor	survive	surviving

- There were no *survivors* of the car accident.
- If cancer is detected early, there is a good chance of *survival*.
- Drugs that dissolve blood clots can help people *survive* heart attacks.
- The *surviving* passengers from the plane crash tried to find help.

B **CLASSIFY Write the words in the correct columns. Then use a dictionary to find the other forms of each word. Not every word family has every part of speech.**

addiction	depressed	insured	poisoning	treat
~~affecting~~	impairment	meditate	tolerance	withdrawal

Noun	Verb	Adjective	Adverb
affect, affection	affect	affecting, affective, affected	affectively

Afaq-lc.com

C **Choose one of the word families from B that has all four parts of speech. Write a sentence using each word form. Use the sentences in A as a model.**

1. _____
2. _____
3. _____
4. _____

D **INFER** **Each of these expressions is related to health. What do you think each one means? Write your ideas.**

1. mental health: _____
2. out of shape: _____
3. self-esteem: _____
4. at risk: _____

E **Look at the following questions. Answer the ones you feel comfortable answering.**

1. What are the major health care issues facing your community? Which health care issues can be categorized as mental health issues?

   _____

   _____

2. Do you consider yourself healthy (physically, mentally, spiritually)?

   _____

   _____

3. Think about people who have high self-esteem. What are their traits? What are the traits of people with low self-esteem?

   _____

   _____

4. Do you know your family's health history? If so, what health problems have some of your family members faced?

   _____

   _____

Afaq-lc.com

LESSON 1

Mind and Body

GOAL ▸ Identify practices that promote mental and physical well-being

A **Discuss the following questions in a small group.**

1. Do you exercise? If so, what type of exercise do you do and how often?
2. Do you eat well? On a scale of one to ten (ten being the healthiest), how healthy are the foods you eat?
3. How could you make your diet healthier?
4. How much water do you drink each day?
5. Do you have a lot of stress in your life? How do you relieve stress?

B **Listen to the following people talk about how they relieve stress. Take notes.**



Marlie

Reason for stress:

_____

_____

How she relieves stress:

_____

_____



Stephanie

Reason for stress:

_____

_____

How she relieves stress:

_____

_____



Fletcher and Katie

Reason for stress:

_____

_____

How they relieve stress:

_____

_____

C **Do you identify with any of these people? If yes, in what ways? If not, why not?**

Afaq-lc.com

D **Advice is often published online. Read the problems. Do you agree with the advice?**

Ask Ali

1. Dear Ali,
I don't look forward to getting out of bed in the morning. I don't like my job. I don't like to go to school. I don't have any family around, and I have very few friends. I feel like there is no reason to get up in the morning.

-Unhappy

Dear Unhappy,

I'm sorry to hear you are feeling that way. Why don't you try doing things that will make you want to get out of bed? Take a nice hot shower, go for a walk, drink some water, eat healthy food. And try to find something that you can look forward to. Every day, add one thing that you enjoy to your day. Maybe learn something new by taking a class. We don't always like what we have to do in life to survive but if you can add at least one or two things to your day that make you happy it will make the rest of your life more enjoyable.

2. Dear Ali,
I'm overweight and out of shape. I can't bear to look at myself in the mirror, and it is really affecting my self-esteem. What can I do?

-Overweight and Out of Shape

Dear Overweight and Out of Shape,

I think the best thing you can do for yourself is MOVE. Start by taking a short walk every day and try to increase the time or distance you walk every day. Once you start moving more, you will feel better and it will make you want to eat healthy food. Try to add more vegetables to each meal. These will fill you up and take away the temptation for sugar foods. And drink lots of water. If you get hungry between meals, instead of snacking drink water. Be kind to yourself. This will be a slow and steady process. But if you can keep it up, you will be healthy for the rest of your life.

E **Pretend you are Ali and give advice to the following people.**

1. Dear Ali,
My daughter is a volleyball player and is very lean. She is worried about making it on the team, so she doesn't eat very much. I am worried about her not having enough energy to play, so I've been cooking meals that are high in calories and fat. But she won't eat what I cook. What can I do?—*Mother Without a Clue*

2. Dear Ali,
I have a lot of stress at work. My boss pushes me pretty hard, and I want to do a good job to get ahead, but I never have any time for myself or for my family. The doctor says all the stress is giving me high blood pressure. What should I do?—*Overworked*

Afaq-lc.com

F **Jada wrote a health-related article for her school paper. Read her article.**

Back on Track

I think I take pretty good care of myself. But it wasn't always that way. I used to work really long hours, eat at fast-food restaurants because they were quick and easy, and I barely ever exercised. But I got a wake-up call from the doctor one day. He said I was obese, at risk for diabetes, and that I might not make it to my fortieth birthday. From that day forward, I began to make changes in my life. I started by going for a walk every day. Now I go to the gym three times a week, walk six miles two days a week, and play volleyball with my family on the weekends. The day the doctor gave me that horrible prognosis, I went straight to the market and filled my cart with healthy food. I now make my lunch every day and cook healthy dinners for my family. My purse and my car are always filled with healthy snacks and water. If I ever get a craving for something really unhealthy, I let myself have one bite of it, and then I stick a piece of gum in my mouth. Although the exercise and eating habits really helped to lower my blood pressure and risk for diabetes, I still have quite a bit of stress in my life. To combat that, I make sure I take at least a half an hour a day for myself. Sometimes I meditate, sometimes I call a good friend, and other times I just sit down and read a book for pleasure.

G **Answer the questions.**

1. What forced Jada to make changes in her life?

_____

2. What changes did she make?

_____

3. Do you think her article is inspiring? Why?

_____

H **CREATE** **With your classmates, create a health newsletter. Follow the steps.**

1. Each student writes a health article that will be inspiring to others who read it.
2. After everyone has finished his or her article, work together to edit the articles.
3. Come up with a title for your newsletter.
4. Put your newsletter together and add artwork and photos.

Afaq-lc.com

LESSON 2

What's This Charge For?

GOAL ▶ Ask about medical bills

A **Listen to the phone conversation Nadia is having with the receptionist at the doctor's office. Why is Nadia confused about the amount she owes?**

DOCTOR
Amy Rosenberg, M.D., Inc.
2880 Chestnut Ave., Ste. 340
Topeka, KS 66675
Office Phone (785) 555-0012

STATEMENT DATE	STATEMENT #	BALANCE DUE
10/06	4689–36	$20.00

RESPONSIBLE PARTY
Mrs. Nadia Urich
56 Plains Ave.
Topeka, KS 66675

MAKE CHECK PAYABLE AND REMIT TO
AMY ROSENBERG, M.D., Inc.
2880 Chestnut Ave., Ste. 340
Topeka, KS 66675

PATIENT NAME: Urich, Marina | **PROVIDER:** Amy Rosenberg, M.D.

DATE	PROCEDURE	DESCRIPTION OF SERVICE	CO-PAY	AMOUNT PAYABLE
8/23	99391	Well-Child Check		$140.00
8/23	90700	DTaP Vaccine		$52.00
8/23	90465	Vaccine Admin		$35.00
8/23	90645	Hib Vaccine		$40.00
8/23	90466	Vaccine Admin		$35.00
8/23		Patient Co-Pay	–$20.00	
9/01		Primary Insurance Payment		–$263.00
9/01		Uncollectible		–$29.00

B **Look at the medical bill and answer the questions.**

1. Who is expected to pay this bill?

_____

2. Why did the patient go to the doctor?

_____

3. Why is the name of the responsible party different from the patient's name?

_____

4. How much is owed?

_____

5. Does anything on the bill confuse you? Write a question to ask your classmates or teacher.

_____

Afaq-lc.com

C **Read and listen to this phone conversation.**

Receptionist: Dr. Brook's office.

Patient: Um, yes, this is Maurice Jackson. I came in and saw the doctor a few months ago for the pain I was having in my leg. I just received the bill, and I have a few questions.

Receptionist: Of course, Mr. Jackson. Let me pull up your records. Do you have the date of the statement?

Patient: Yes, it's June 16th.

Receptionist: Ok, I have it here. How can I help you?

Patient: Well, I don't understand what this $264 charge is for.

Receptionist: That is for the X-rays the technician took of your leg.

Patient: OK, but shouldn't my insurance pay for that?

Receptionist: Yes, they might pay some. As you can see on the bill, we have billed your insurance company but are still waiting to hear back from them. Once we do, we'll send you an adjusted bill reflecting how much you owe.

Patient: Oh, so if I don't have to pay this $264, why did you send me a bill?

Receptionist: I know it may seem a bit confusing. Our billing department automatically sends out statements to our current patients every month, whether or not we have heard back from the insurance companies. It usually takes about a month for the bill to reflect what the insurance company has paid, so in general, if you wait two or three months to pay your bill, your statement should show the correct amount due.

Patient: I see. That makes sense. So, I don't need to pay this bill now?

Receptionist: No. Wait until you see an adjusted amount on there and then pay the bill.

Patient: Great! Thanks for your help.

Receptionist: Have a nice day, Mr. Jackson.

D **Practice the conversation with a partner. Then switch roles.**

E **Practice the conversation again. This time use the information in the chart to change the patient's questions. The receptionist will have to be creative to come up with a response.**

Name	Reason for Visit	Date of Statement	Question
Jenna Lyn	backache	May 25th	Why isn't the payment I made showing up on the statement?
Javier Bardo	headaches	December 2nd	Do you offer discounted services? I don't have health insurance.
Paula Kofi	skin rash	March 14th	Why do I have to pay more than my co-pay?
Young Lee	ingrown toenail	July 7th	Why didn't my insurance pay for the procedure?

Afaq-lc.com

F Look at the bill and write five questions you could ask about it.



STATEMENT

Skin Care Center
5948 Laredo Street
Helena, MT 59626

CLOSING DATE:	7/15
BALANCE DUE:	$179.90
ACCOUNT #:	22365-1
AMOUNT ENCLOSED:	_____
PATIENT:	Katerina Manthos 7653

Bill to: Katerina Manthos
5948 Laredo Street
Helena, MT 59626

Any change in the above address should be reported to our office.

Skin Care Center
5948 Laredo Street
Helena, MT 59626

DETACH AND RETURN UPPER PORTION WITH YOUR PAYMENT

Keep bottom portion for your records

PATIENT NAME: Katerina Manthos | **PROVIDER:** Elton Frank, M.D.

DATE	CODE	DESCRIPTION	CHARGE	CREDIT
2/05	99204	Office Visit New Patient	**$240.00**	
		Paid By Health Care PPO		$240.00
6/15	11301	Shave Skin Lesion 0.6-1.0cm	**$474.00**	
		Paid By Health Care PPO		$320.00
6/15	88305	Tissue Exam by Pathologist	**$565.00**	
		Paid By Health Care PPO		$420.00
6/15	A4550	Surgical Tray	**$75.00**	
		Paid By Health Care PPO		$75.00
		DUE FROM PATIENT	**$299.00**	

1. _____
2. _____
3. _____
4. _____
5. _____

G Go over the bill with your teacher to make sure you understand everything on it.

H Find a partner (receptionist) and have a conversation, asking him or her the questions you wrote in **F.** Then switch roles.

Afaq-lc.com

LESSON 3

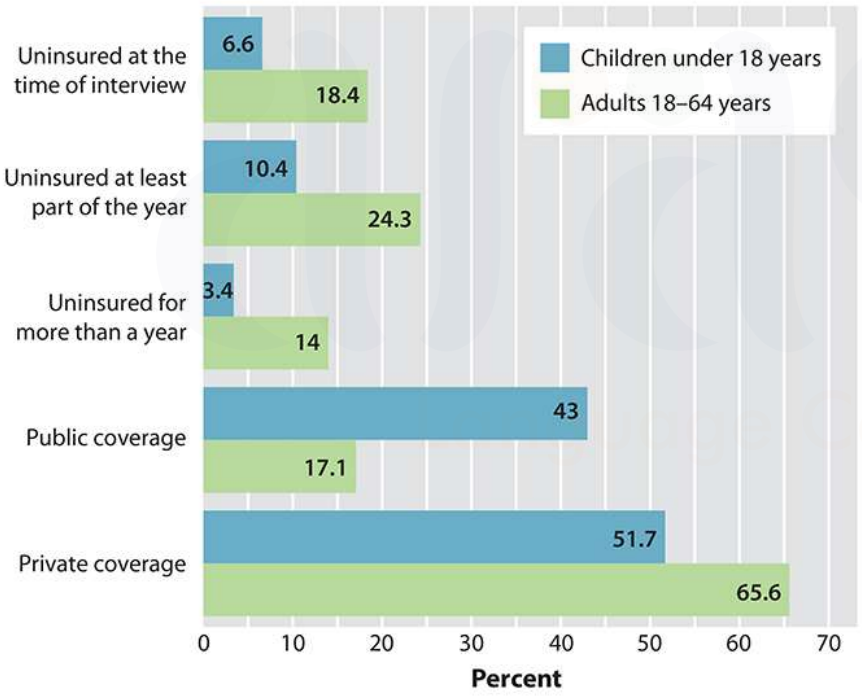
Health Insurance

GOAL ▶ Interpret health insurance information

A **How much do you know about health insurance? In a small group, try to answer the following questions. If you need help, talk to other groups.**

1. Is it mandatory in your state to have health insurance?
2. What happens if you see a doctor or go to a hospital without health insurance?
3. What is the difference between an HMO and a PPO?

B **Look at the graph about insured and uninsured people and answer the questions.**

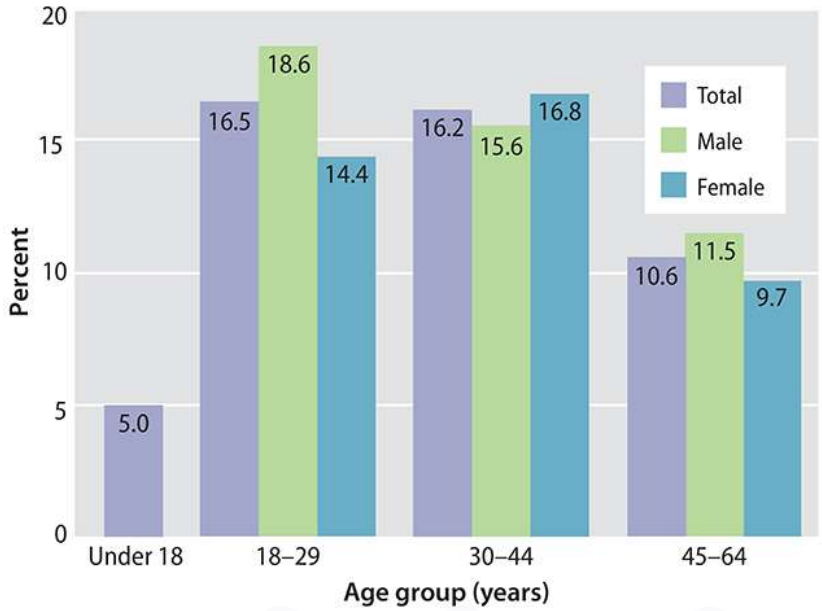


1. What is the percentage of insured adults? _____
2. What is the percentage of children who were uninsured for more than a year? _____
3. What is the percentage of adults who have private insurance? _____
4. What is the percentage of children who have public coverage? _____

C **Ask your partner questions about the information in the graph in B. Use the questions from B as examples.**

Afaq-lc.com

D **Look at the graph about uninsured people and complete the sentences.**



1. Of both sexes, the _____ are the less insured.
2. Out of all the age groups, the _____ -year-olds are the less insured.
3. _____ of children are uninsured.
4. _____ of children are insured.
5. _____ of women aged 30–44 are uninsured.
6. _____ of people in my age group are uninsured.

E **ANALYZE** **Write five more sentences about the statistics in the chart in D.**

1. _____
2. _____
3. _____
4. _____
5. _____

Afaq-lc.com

F **Read the chart about insurance coverage and demographics. Then write six questions based on the data.**

	Uninsured at the Time of Interview	Public Health Plan Coverage	Private Health Insurance Coverage
Race / Ethnicity			
Hispanic	29.7%	22.7%	48.7%
White only	9.1%	17.3%	76.3%
Black only	14.5%	33.8%	55.2%
Asian only	8.8%	16.1%	76.2%
Other and multiple races	19.1%	32.2%	52.3%
Education			
Less than high school	31.6%	38.5%	32.4%
High school diploma or GED	18.2%	25.8%	58.6%
Some College	12.5%	22.4%	68.6%
Bachelor's Degree or More	5.3%	8.9%	87.6%

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

G **Ask three classmates the questions you wrote in F.**

H **GRAPH** **In a small group, choose one of the two graphs or the chart presented in this lesson. Recreate the data using information from the students in your class.**

Afaq-lc.com

LESSON 4

Addictions

GOAL ▶ Identify addictions

A **Look up the word *addiction* in a dictionary. Write the definition and an example sentence that uses the word.**

addiction *n.* _____

_____

_____

B **Work with a partner and brainstorm a list of addictions.**

C **Match the words to their correct definitions and write the complete sentences on a separate piece of paper. Use a dictionary if you need to.**

_____ 1. Tolerance is . . .

_____ 2. Impairment is . . .

_____ 3. Substance addiction is . . .

_____ 4. Physiological dependence is . . .

_____ 5. A twelve-step program is . . .

_____ 6. Psychological dependence is . . .

_____ 7. Process addiction is . . .

_____ 8. Detoxification is . . .

_____ 9. Withdrawal is . . .

_____10. An addict is . . .

a. the process of giving up a substance or activity to which a person has become addicted.

b. a condition in which a person is dependent on some chemical substance.

c. a plan for overcoming an addiction by going through twelve stages of personal development.

d. a condition in which a person requires certain activities or the intake of some substance in order to maintain mental stability.

e. a condition in which a person is dependent on some type of behavior.

f. an inability to carry on normal, everyday functions because of an addiction.

g. the ability of the body to endure a certain amount of a substance.

h. the process of adjusting to the absence of some substance or activity that a person has become addicted to.

i. a person physically or emotionally dependent on a substance or an activity.

j. a condition in which a person's body requires certain behaviors or the intake of some substance, without which it will become physically ill.

Afaq-lc.com

D **Look at the list of addictions. Choose which ones are substance (*S*) addictions and which ones are process (*P*) addictions.**

1. alcohol S P
2. caffeine S P
3. food S P
4. gambling S P
5. illegal drugs S P
6. prescription medicine S P
7. shopping S P
8. smoking (nicotine) S P
9. technology S P
10. video games S P
11. work S P

E **In a small group, discuss the following questions.**

1. Why do people become addicts?
2. What can you do if you are addicted to something?
3. What can you do to help a friend or family member who is addicted to something?

F **ANALYZE** **Read the statements. Do you think each person has an addiction? Choose *yes* or *no* and give a reason for each answer.**

1. Although my uncle Gerry sold his car to spend more time at casinos in Las Vegas, he says he doesn't have a gambling problem.
   Addiction: yes no **Reason:** _____
2. Even though her sister spends thousands of dollars a month on her credit cards, she doesn't think she is a shopaholic.
   Addiction: yes no **Reason:** _____
3. In spite of the fact that Fletcher plays video games for three hours a night instead of doing his homework, he denies he has a problem.
   Addiction: yes no **Reason:** _____
4. Danielle is convinced she isn't addicted to caffeine although she has to drink two cups of coffee before she can get out of bed in the morning.
   Addiction: yes no **Reason:** _____



Technology addiction can be dangerous and affect your performance at work or school.

Afaq-lc.com

G **Study the chart.**

Adverb Clauses of Concession	
Dependent clause	**Independent clause**
Although he spends a lot of time in Las Vegas,	he says he doesn't have a gambling problem.
Even though her sister spends thousands of dollars a month,	she doesn't think she is a shopaholic.
Though she has to drink two cups of coffee before she can get out of bed in the morning,	she is convinced she isn't addicted to caffeine.
In spite of the fact that he plays video games for three hours a night,	he denies he has a problem.
Explanation: Adverb clauses of concession show a contrast in ideas. The main or independent clauses show the unexpected outcome. The unexpected outcome in the third example is that it is surprising that she thinks she isn't addicted to caffeine. **Note:** The clauses can be reversed and have the same meaning. Do not use a comma if the independent clause comes first in the sentence. **Example:** *She doesn't think she is a shopaholic even though she spends thousands of dollars a month.*	

H **Write sentences with dependent and independent clauses. Use these ideas and the sentences in the chart in G as examples.**

technology addiction / spends five hours a day online
shopping addiction / goes to the mall at least once a day
food addiction / weighs over 300 pounds
drug addiction / sold all his devices to buy more drugs

1. _____

_____

2. _____

_____

3. _____

_____

4. _____

_____

I **VISUALIZE** **Imagine a good friend has an addiction to something. In your notebook, write about his or her addiction. How is it affecting your friend's life? How is it affecting your life? How is your friendship different because of it?**

Afaq-lc.com

LESSON 5

First Aid

GOAL ▶ Interpret procedures for first aid

A **LABEL VISUALS** **What does a first-aid kit have in it? Use the words in the box to label each item. Write the number in the picture.**

1. adhesive bandages	6. cold compress / ice pack	11. scissors
2. adhesive cloth tape	7. compress dressing	12. sterile gauze pads
3. antibiotic ointment	8. first-aid manual	13. sterile gloves
4. antiseptic wipes	9. hydrocortisone ointment	14. thermometer
5. aspirin	10. roller bandage	15. tweezers



B **Do you have a first-aid kit? Why is each item important? Discuss your ideas with your classmates.**

Afaq-lc.com

C **Define the following injuries.**

1. burn: _____
2. choking: _____
3. poisoning: _____
4. open wound: _____
5. head injury: _____
6. shock: _____

D **Look at the list of first-aid procedures. Write the injury from C that corresponds to each item.**

1. Call 911.
   choking, poisoning, head injury, shock
2. Call Poison Control.
   _____
3. Control external bleeding.
   _____
4. Cover with a light gauze dressing.
   _____
5. Have the person lie down.
   _____
6. Help maintain body temperature.
   _____
7. Perform the Heimlich maneuver.
   _____
8. Stop the bleeding with a piece of sterile gauze.
   _____
9. Strike the victim's back between the shoulder blades five times.
   _____
10. Treat wounds.
    _____

Afaq-lc.com

E **Read the information. Compare it with your answers in D. Were you right? Make a note of any difficult vocabulary and discuss as a class.**

First-Aid Procedures*		
Injury	**Do**	**Don't**
burn	Run cold water over burn area for 15 minutes. Cover the burn with a light gauze dressing. If blisters pop, apply a light antibiotic ointment and cover with light gauze dressing.	**Don't** put any creams or greases on the burned area. **Don't** pop any blisters. **Don't** use an ice pack.
choking	Call 911. Strike the victim's back between the shoulder blades five times. Perform Heimlich maneuver.	**Don't** give water to the person.
poisoning	Call 911 if the person is unconscious or having trouble breathing. Call Poison Control (800-222-1222).	**Don't** induce vomiting. **Don't** give the person anything to eat or drink.
open wound	Stop the bleeding with a piece of sterile gauze. Wash with soap and water (if minor), apply a thin layer of antibiotic ointment, and cover with a bandage.	**Don't** remove any object protruding from injury. **Don't** wash or apply ointment to a large, deep wound.
head injury	Call 911 if the person is unconscious or drowsy. Treat wounds. Ice a small bump.	**Don't** leave the person alone, especially when sleeping. Instead, wake up every two to three hours and have the person answer simple questions.
shock	Call 911. Have the person lie down. Control external bleeding. Help maintain body temperature.	**Don't** raise the person's head. **Don't** give the person food or drink.

* Not all first-aid procedures for each injury are listed.

F **APPLY** **Divide the class into "victims" and "good citizens." All victims should write an injury from D on a piece of paper and show it to a good citizen. Good citizens should offer advice.**

EXAMPLE:

Victim: (shows Good Citizen card that reads *Choking*)

Good Citizen: I'm going to call 911. Then I'm going to strike your back five times between your shoulder blades. If that doesn't work, I'm going to perform the Heimlich maneuver. I will not give you water.

Afaq-lc.com

LESSON 6

Explore the Workforce

GOAL ▶ Explore careers in emergency medical services

A **When you or someone you know is experiencing a medical emergency, who do you call? Who will administer emergency care?**

B **The basic differences between an EMT and a paramedic are the level of education, hours of training, and the types of procedures they are allowed to perform. Read the table.**

Emergency Medical Technician (EMT)	Paramedic
• provide basic medical care to patients in the field, including stopping external bleeding, applying neck braces, and administering CPR • have CPR certification • complete a 1–2 year EMT program to learn how to assess, care for, and transport patients • complete 120 to 150 hours of training • pass the National Registry of Emergency Medical Technicians (NREMT) exam	• provide advanced medical care in the field, such as administering medication, inserting IVs, and resuscitating patients • have CPR certification • complete a 1–2 year EMT program to learn how to assess, care for, and transport patients • obtain a 2-year Associate degree to learn more advanced procedures • complete 1,200 to 1,800 hours of training • pass the National Registry of Emergency Medical Technicians (NREMT) exam • pass the National Registry Paramedic Cognitive exam

C **Write *EMT*, *paramedic* or *both* on the line that follows each statement.**

1. must pass the NREMT exam to become certified _____
2. completes 1,200-1,800 hours of training _____
3. must get CPR certified _____
4. completes 120 to 150 hours of training _____
5. provides advanced medical care to patients in the field _____
6. provides basic medical care to patients in the field _____
7. must pass the National Registry Paramedic Cognitive exam _____
8. can insert an IV _____
9. completes a 1–2 year EMT program _____
10. has an Associate degree _____

Afaq-lc.com

D **Write one sentence that explains the differences between an EMT and a paramedic.**

_____

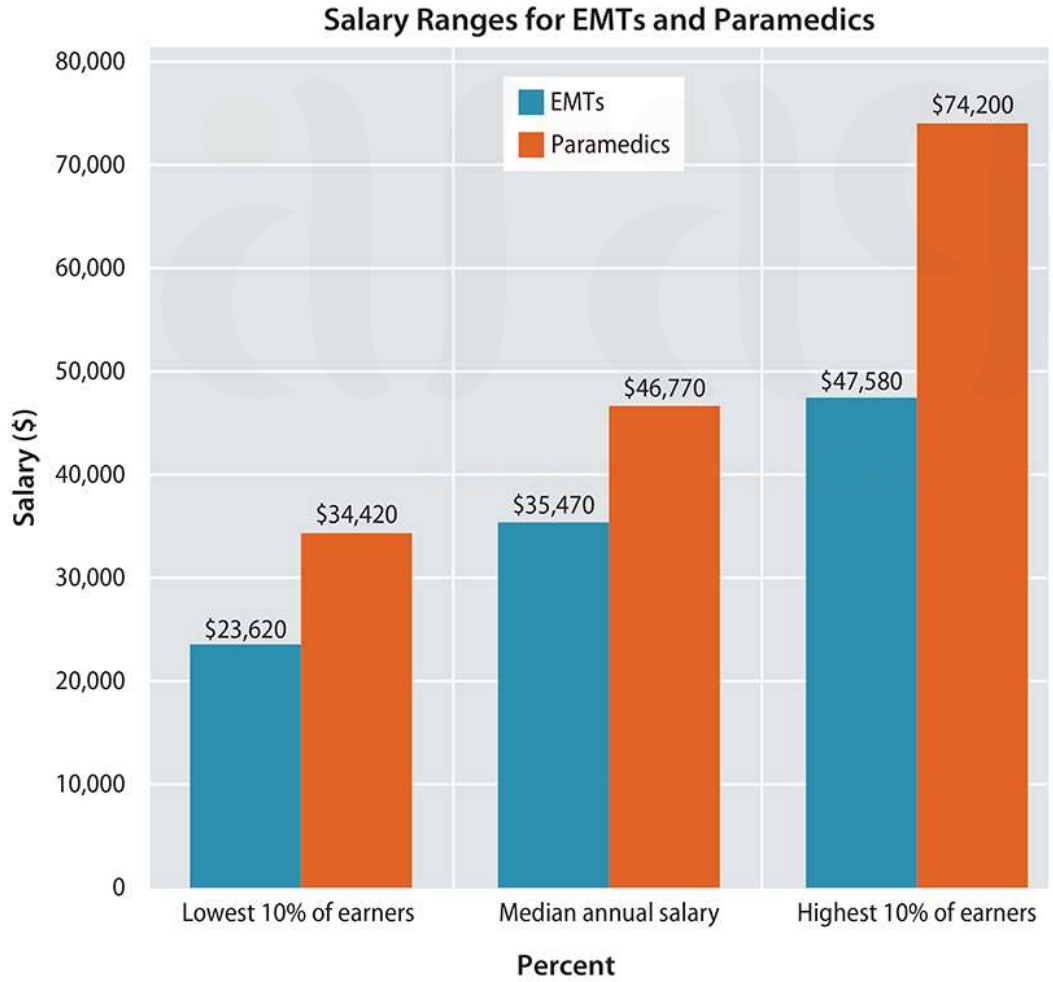
_____

E **Based on the information presented in the table in B, who do you think makes more money, an EMT or a paramedic? Why?**

_____

_____

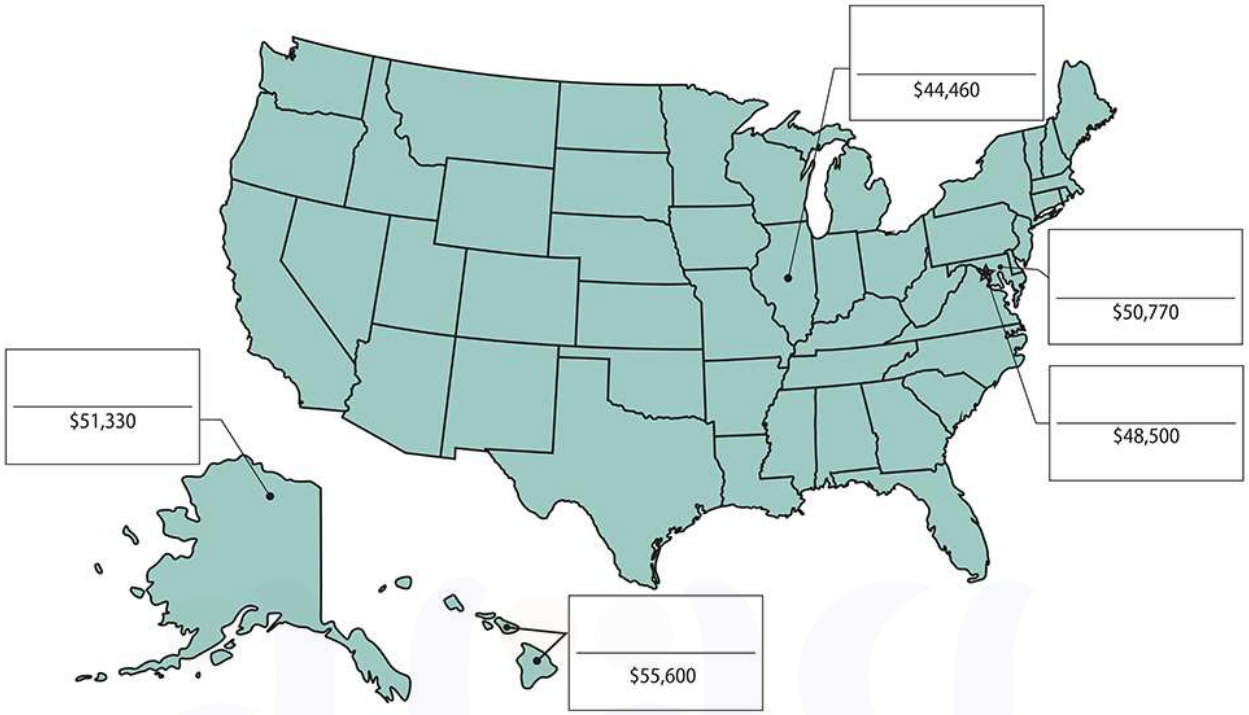
F **ANALYZE** **Look at the bar graph and discuss the questions.**



1. Overall, who makes more money: EMTs or paramedics? Why do you think this is so?
2. What factors do you think contribute to the difference in salary range? Brainstorm with a partner.

Afaq-lc.com

G **One of the factors that contributes to a difference in salary range is geographical location. Read the statements and fill in the state names.**



1. Hawaii has the highest paid EMTs.
2. EMTs in the District of Columbia make more than those in Illinois.
3. EMTs in Maryland make more than those in the District of Columbia.
4. The median salary for EMTs in Illinois is $44,460.
5. Alaska has the second highest-paid EMTs.

H **What do you think it's like to be an EMT? Listen to Felix Hernandez, an EMT and instructor talk about his experiences in this podcast.**

I **On a separate piece of paper, write down some ideas that you heard.**

1. How many hours does an EMT work?
2. Do you ever get bored?
3. What are the most common types of calls an EMT gets?
4. What is the best part of being an EMT?
5. What is the worst thing about being an EMT?

J **With a partner, role-play the interview you heard using the questions and your notes from above.**

Afaq-lc.com

Review

A **Write one healthy solution for each problem.**

1. Problem: I eat fast food three times a week because I have no time to cook.

   Solution: _____

2. Problem: I have high blood pressure, and I am at risk for diabetes.

   Solution: _____

3. Problem: I am really stressed at work.

   Solution: _____

4. Problem: My children are overweight.

   Solution: _____

B **Read the bill and write four questions you would ask about it.**

	PATIENT NAME: Claudio Tovar		**PROVIDER NAME:** Lalita Kanne, M.D.	
DATE	**PROCEDURE**	**DESCRIPTION OF SERVICE**	**CO-PAY**	**AMOUNT PAYABLE**
8/23	99391	Well-Child Check		$150.00
8/23	90700	DTaP Vaccine		$52.00
8/23	90465	Vaccine Admin		$38.00
8/23	90645	Hib Vaccine		$55.00
8/23	90466	Vaccine Admin		$38.00
8/23		Patient Co-Pay	–$25.00	
9/17		Primary Insurance Payment		–$250.00
9/17		Uncollectible		–$58.00
			AMOUNT DUE: $0.00	

1. _____

2. _____

3. _____

4. _____

Learner Log

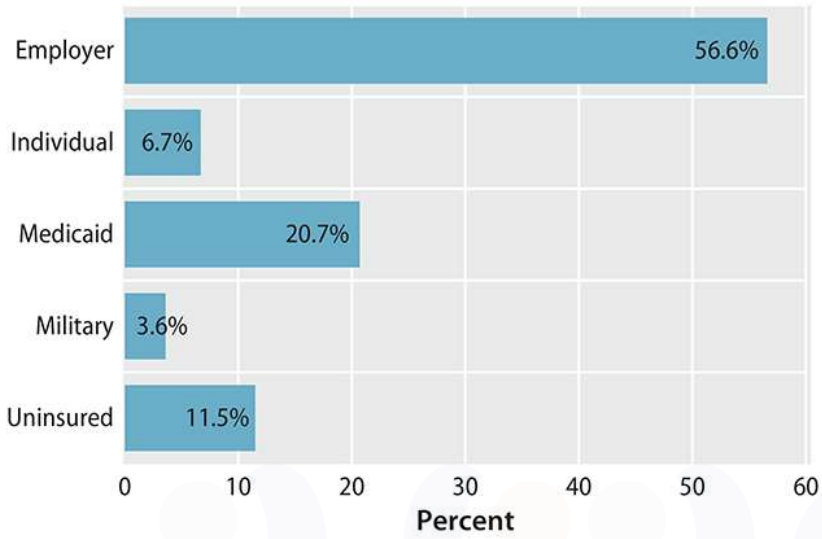
I can identify practices that promote mental and physical well-being.
☐ Yes ☐ No ☐ Maybe

I can ask about medical bills.
☐ Yes ☐ No ☐ Maybe

Afaq-lc.com

C **Work with a partner and have a conversation between a patient and a person at the doctor's office with the questions you wrote. Then switch roles.**

D **Read the bar graph about health insurance coverage and answer the questions.**



1. What is the percentage of adults who are uninsured? _____
2. What is the percentage of adults who are insured by their employers? _____
3. What is the percentage of adults who are on Medicaid? _____
4. What is the percentage of adults who have insurance coverage? _____

E **On a separate piece of paper, write sentences combining these ideas.**

EXAMPLE: nicotine addiction / smokes two packs of cigarettes a day

Even though he smokes two packs of cigarettes a day, he doesn't think he is addicted to nicotine.

1. exercise addiction / works out 3 times a day
2. sleeping addiction / sleeps 11 hours a night
3. food addiction / eats all day long
4. coffee addiction / drinks 4 cups a day

F **Write down six injuries you learned about in this unit. In a group, discuss the first-aid procedures for each one.**

_____ _____ _____

_____ _____ _____

Learner Log	I can interpret health insurance information.	I can identify addictions.	I can interpret procedures for first aid.
	☐ Yes ☐ No ☐ Maybe	☐ Yes ☐ No ☐ Maybe	☐ Yes ☐ No ☐ Maybe

Afaq-lc.com

Vocabulary Review

A Choose the correct word for each sentence.

1. _____ helps me relax when I've had a long day at work.

   a. Detoxification b. Meditation c. Tolerance d. Depression

2. They think she has a sleeping pill _____.

   a. process b. insurance c. depression d. addiction

3. If you are with someone who is in _____, you should call 911.

   a. shock b. out of shape c. meditation d. treatment

4. How would you _____ someone who has a head injury?

   a. affect b. treat c. impair d. insure

5. Jared's body has built up a _____ to alcohol since he has been drinking for so long.

   a. tolerance b. substance c. detoxification d. withdrawal

B Give two examples of each of these items.

1. Substance addictions: _____ _____
2. Process addictions: _____ _____
3. First-aid kit items: _____ _____
4. Items on a medical bill: _____ _____

C Write sentences using each of these terms.

1. uninsured: _____
2. at risk: _____
3. self-esteem: _____
4. responsible party: _____
5. survive: _____

Afaq-lc.com

Health Presentation

SOFT SKILL ▶ Presentation Skills

Presentation Topics

- Healthy Practices
- Medical Bills
- Health Insurance
- Addictions
- First Aid

1. Form a team of four or five students. Decide which topic your team will work on. (Each team should choose a different topic.)
2. Choose positions for each member of your team.

Position	Job Description	Student Name
Student 1: Project Leader	Check that everyone speaks English. Check that everyone participates.	
Student 2: Secretary	Take notes on your team's ideas.	
Student 3: Coordinator	Divide presentation into parts. Assign each team member one part of presentation.	
Student 4: Director	Organize presentation so that individual parts create a unified whole.	
Student 5: Member	Do assigned part of presentation. Supportively critique other members' work as they rehearse their parts of presentation.	

3. Gather information for your presentation from this unit and other sources.
4. Decide how to present your material creatively.
5. Create any materials needed for your presentation.
6. Practice your presentation.
7. Give your presentation to the class.

PRESENTATION SKILLS:

Make it interesting

Make your presentation more interesting by presenting your information in a unique way. Have each person do something different with the information. Some ideas: take a class poll, do a role play, play music, teach a chant, call on the audience to answer questions, etc.

Afaq-lc.com

Reading Challenge

A **Plants are a very important part of Grace Gobbo's work. In a group, discuss the different uses of plants.**

B **Natural remedies are non-manufactured medicines that can cure illnesses. Make a list of natural remedies that you know of.**

Remedy	Illness it cures

C **Read about Grace Gobbo, ethnobotanist.**

D **SUMMARIZE** **Complete each sentence with what you learned from the reading.**

1. The people of Tanzania don't use imported pharmaceuticals because _____.

_____

2. Grace wanted to learn more about traditional healing, so she _____.

_____

3. The secrets of traditional healers are dying with them because _____.

_____

4. Medical plants in Tanzania are disappearing because _____.

_____

5. Grace believes that people will make better choices if they _____.

_____

Afaq-lc.com


Grace Gobbo

Disappearing Knowledge

For many people in Tanzania, imported pharmaceuticals are too expensive. For centuries, this east African country has had traditional healers who use locally grown medicinal plants to help treat sick people, so the high price of imported drugs wasn't a problem. Unfortunately, this indigenous medical knowledge is disappearing and so are the plants. Grace Gobbo is an ethnobotanist who hopes to change that.

Initially, Grace didn't believe in traditional healing because her father was a medical doctor. But once she began studying botany, she learned about plants that had successfully treated coughs and stopped bacterial infections. Wanting to know more, Grace started interviewing traditional healers, who had endless accounts of plants being used to treat skin and chest infections, diabetes, stomach ulcers, heart disease, and even mental illness. "Before now, these facts existed only as an oral tradition," she explains. "Nothing was written down. The knowledge is literally dying out with the elders since today's young generation considers natural remedies old-fashioned." Grace hopes that, by creating a record of these natural remedies, she can educate other young people about the possibility of using these plants to cure ailments.

In addition to the traditional healers' knowledge dying out, medicinal plants are disappearing due to farming, mining, and other development. Plant products are used for fuel by most of the people in Tanzania, and agriculture is a major part of their economy. But Grace still believes people will ultimately do what is right. "I believe in people. I think if they learn and understand the value of the environment, they will make better choices. If they knew the plants they cut down could help their children recover from illness, they might reconsider. Loggers might give healers a chance to collect tree bark at the same time wood is harvested. We're working hard to bring information about sustainable agriculture and forest management to the public and show them how to apply it."

Afaq-lc.com