**Instructor:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Florida Health Literacy Grant Initiative

**Post-Assessment**
Staying Healthy for Beginners

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Today's Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Circle the correct answer:*

1. A person who feels well and goes to the doctor is having a check-up.

True False

1. Vitamins are a nutrient.

True False

1. What number should you call if there is an emergency?

 A.  B. 

211

911

1. Over-the-counter (OTC) medicines can have side effects.

 True False

1. Obesity is

 A. being healthy B. being very overweight

1. When you go to the doctor you pay a set fee and your insurance pays the rest. This *set fee* is called

 A. a premium B. a co-pay

1. A health history form helps a doctor know about

 A. your health insurance B. you and your family's health problems

**

*Select the correct letter choice from the medicine label for questions 5-8.*

1. Whose prescription this is? \_\_\_\_\_\_\_
2. How often should this medicine be taken? \_\_\_\_\_\_\_
3. How many tablets were prescribed? \_\_\_\_\_\_\_
4. What is the name of this medicine? \_\_\_\_\_\_\_
5. Which one shows a healthy diet?

A  B. 

1. Which has more sodium?

 A. Chicken Noodle Soup B. Fresh Tomatoes