1. Which organization researches, promotes, and trains professionals in complementary medical practices?
   A. Centers for Disease Control and Prevention
   B. Department of Public Health
   C. Federal Drug Administration
   D. National Center for Complementary and Alternative Medicine

2. At least how much physical activity should a person get every day?
   A. 20 to 30 minutes
   B. 45 to 60 minutes
   C. 1 to 2 hours
   D. 10 to 15 minutes

3. Which of the following is true of bloodborne pathogens?
   A. Testing is the only way to know if a patient is infected with HBV, HCV, or HIV.
   B. Patients can be tested for HIV without giving their permission.
   C. HIV/AIDS patients give up their right to privacy once they are diagnosed.
   D. Health care employers are required to provide a hepatitis C vaccination to their employees.

4. Holistic health care uses therapies from biomedical, complementary, and what other source?
   A. Alternative medicine
   B. Regulated medicine
   C. Insurance-covered practices
   D. Emotional wellness

5. How do you achieve emotional wellness?
   A. By understanding your feelings and expressing them appropriately
   B. Through personal achievements and self-confidence
   C. Practicing safety and avoiding harm
   D. Living according to values and finding purpose in life

6. Which of the following is true of alternative and complementary therapies?
   A. Patients do not need to evaluate an alternative therapy before using one.
   B. Naturopathic medicine uses medications derived from chemicals.
   C. Patients choose the same treatment for the same type of health problem.
   D. Complementary therapies combine alternative and biomedical therapies.

7. What type of wellness is acquired through good relationships with other people?
   A. Spiritual
   B. Social
   C. Physical
   D. Mental and intellectual
   E. Emotional
8. What is the virus that causes AIDS?
   A. HBV
   B. HCV
   C. HIV
   D. AIDS is not caused by a virus.

9. What is a therapeutic diet?
   A. Adding nutrients to a regular diet to improve emotional well-being
   B. Modification of a normal diet for a health reason
   C. A diet aimed at helping athletes
   D. An alternative health practice

10. What does the body use to build, maintain, and repair cells?
    A. Carbohydrates
    B. Proteins
    C. Fats

11. What is the body's main source of energy?
    A. Proteins
    B. Carbohydrates
    C. Fats

12. What is the purpose of a routine physical exam?
    A. To treat an emergency situation.
    B. To meet an insurance deductible.
    C. To diagnose and treat problems, immunize, order tests, and encourage healthy living
    D. To prepare for surgery.

13. A patient is farsighted. This means the patient can see which of the following well?
    A. Objects that are further away
    B. Letters, but not numbers
    C. All colors except green and blue
    D. Objects that are at arms-length

14. Which type of medication requires a written authorization from a physician or dentist to a pharmacist?
    A. Over-the-counter
    B. Prescription
    C. Cough and cold
    D. Supplements
15. What is the purpose of a Snellen chart?
   A. Test for learning disabilities
   B. Measure far vision
   C. Detect color-blindness
   D. Peripheral vision

16. Health care providers should be chosen according to whose needs?
   A. The patient's needs
   B. Health insurance company needs
   C. The provider's needs
   D. The government's needs

17. Which of the following is true of stress?
   A. Stress is an emotion and does not affect your health.
   B. The way a person responds to stress determines whether the stress is positive or negative.
   C. All stress is difficult and harmful.
   D. Stressors affect everyone the same way.

18. Treating your patient rudely because you are mad at a coworker is an example of what type of defense mechanism?
   A. Rationalization
   B. Denial
   C. Compensation
   D. Displacement

19. What hormone is released when a person is stressed?
   A. Estrogen
   B. Adrenaline
   C. Endorphines
   D. Insulin
Answer Key

1. D - National Center for Complementary and Alternative Medicine
2. A - 20 to 30 minutes
3. A - Testing is the only way to know if a patient is infected with HBV, HCV, or HIV.
4. A - Alternative medicine
5. A - By understanding your feelings and expressing them appropriately
6. D - Complementary therapies combine alternative and biomedical therapies.
7. B - Social
8. C - HIV
9. B - Modification of a normal diet for a health reason
10. B - Proteins
11. B - Carbohydrates
12. C - To diagnose and treat problems, immunize, order tests, and encourage healthy living
13. A - Objects that are further away
14. B - Prescription
15. B - Measure far vision
16. A - The patient's needs
17. B - The way a person responds to stress determines whether the stress is positive or negative.
18. D - Displacement
19. B - Adrenaline