

LIFESMARTS SEPTEMBER 2023

SUN	MON	TUES	WED	THURS	FRI	SAT
					1 What are the two main ways to obtain health coverage when you turn 26?	2 The percentage of costs of a covered health care service that the insured pays, after reaching the deductible, is called:
3 A recent study found that this dollar amount is the typical copay in the U.S. for a doctor visit:	4 Name one instance when a higher deductible might make financial sense?	5 Group health insurance plans usually share costs between these two entities:	6 You have a Flexible Spending Account through your employer. Do you pay taxes on the money set aside?	7 Name one reason health insurance is important?	8 After Open Enrollment ends, you can only change health care plans if you qualify for this:	9 You plan to use the health insurance marketplace to change plans. When is the Open Enrollment Period each year?
10 This is the amount you pay each month to have health insurance:	11 These are chemicals or substances that change the way our bodies work:	12 The spoons you find in the kitchen make terrible medicine dosing devices. Why?	13 What is the main difference between medicine misuse and medicine abuse?	14 What is meant by the term "accidental overdose?"	15 Name one section required on the Drug Facts label:	16 Also known as adverse reactions, these are unwanted and undesirable effects when you take a drug:
17 This type of medicine can be sold directly to people without a prescription:	18 People use three main approaches to dealing with their angry feelings. Name one:	19 You are being interviewed for a job. How should you respond when asked how you handle conflict?	20 This type of anxiety disorder is characterized by a persistent and excessive fear of an object or situation:	21 Teens who have negative thoughts about their bodies have an increased risk for eating disorders. What is meant by the term, "body image?"	22 Experts offer nine strategies to deal with anxiety. Name three:	23 Personality forms during childhood, and is formed by two things. Name them:
24 Major depressive disorder and bipolar disorder are two examples of this type of mental disorder:	25 What percent of U.S. adults have drug use disorder at some point in their lives? Is it 5%, 10% or 25%?	26 Anabolic steroids act like the body's natural male hormone, testosterone. For what purpose do some youth take them?	27 When depressants are used therapeutically as prescribed, what effect do they have on the body?	28 These are volatile substances that produce chemical vapors that can be inhaled to create a mind-altering affect:	29 Describe the trend in drug overdose deaths in the U.S. between the years 2000 and 2021:	30 They include caffeine, amphetamines, and cocaine. Name the class of drugs that speeds up messages traveling between the brain and body: