



# MONTHLY QUIZ

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

- In 2019, approximately how many high school seniors reported vaping THC, the chemical in marijuana that causes the user to get "high", in one month?
  - 40%
  - 14%
  - 32%
  - 26%
- According to the National Institute for Occupational Safety and Health (NIOSH), every day about 2000 US workers will sustain a job-related injury that requires medical treatment.
  - True
  - False
- \_\_\_\_\_ deaths occur in the US as a result of errors or preventable harm.
  - 400
  - 4000
  - 40,000
  - 400,000
- How many days does it take to change a habit?
  - 10
  - 30
  - 66
  - 94
- Americans now spend 10 hours a day staring at screens.
  - True
  - False—Americans now spend 19+ hours staring at laptops, tablets, smartphones, etc.). That is over 44 years in an adult's average lifetime.
- How much exercise should an adult have in one week?
  - 10 hours
  - 4 hours and 45 minutes
  - 7 hours
  - 2 hours and 30 minutes
- The Health Insurance Portability and Accountability Act of 1996 or HIPAA gives you which one of the following rights under the law?
  - To have access to your medical records and be able to request a copy of them.
  - The ability to ask for an amendment to your medical records.
  - To be able to access your records even if your physician has stopped practicing.
  - All of the above
- What is not a common side effect of abusing codeine?
  - Oral cancer
  - Memory loss
  - Hallucinations
  - Seizures