



MONTHLY QUIZ

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

1. 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?

- a. 40%
- b. 14%
- c. 32%
- d. 26%

2. 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.

- a. True
- b. False

3. _____ deaths occur in the US as a result of errors or preventable harm.

- a. 400
- b. 4000
- c. 40,000
- d. 400,000

4. How many days does it take to change a habit?

- a. 10
- b. 30
- c. 66
- d. 94

5. Americans now spend 10 hours a day staring at screens.

- a. True
- b. False

6. How much exercise should an adult have in one week?

- a. 10 hours
- b. 4 hours and 45 minutes
- c. 7 hours
- d. 2 hours and 30 minutes

7. The Health Insurance Portability and Accountability Act of 1996 or HIPAA gives you which one of the following rights under the law?

- a. To have access to your medical records and be able to request a copy of them.
- b. The ability to ask for an amendment to your medical records.
- c. To be able to access your records even if your physician has stopped practicing.
- d. All of the above

8. What is not a common side effect of abusing codeine?

- a. Oral cancer
- b. Memory loss
- c. Hallucinations
- d. Seizures