Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_

Personal Health 206

Unit 1: Wellness, Chapter 22: Consumerism

**Responsible Consumerism:**

* Attracting \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ dollars – manufacturers design \_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_ to sell their product

* Putting *\_\_\_\_\_\_\_\_\_\_\_* into perspective – falling victim to \_\_\_\_\_\_\_\_\_\_\_health claims
* Spontaneous \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – disappearance of symptoms without any apparent cause or treatment
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_effect – an apparent cure or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ state of health brought about

by a treatment that has no recognized \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ value

**Taking Responsibility For Your Health Care:**

* Learn how, \_\_\_\_\_\_\_\_\_\_\_\_\_, and where to engage the health care \_\_\_\_\_\_\_\_\_\_\_ without incurring

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_risk and expense

* Self-help or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – knowing your \_\_\_\_\_\_\_\_\_\_\_\_\_, pay attention to \_\_\_\_\_\_\_\_\_,

take \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to improve your health

* When to seek \_\_\_\_\_\_\_\_\_\_\_ – a serious \_\_\_\_\_\_\_\_\_\_\_\_, severe \_\_\_\_\_\_\_\_\_\_\_\_\_ pains, trauma to

\_\_\_\_\_\_\_\_\_\_\_\_\_, neck, or \_\_\_\_\_\_\_\_\_\_\_\_\_\_, high temperature

* Assessing health \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_– select a health professional that is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

and that you are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with

**Issues Facing Today’s Health Care System Costs:**

* $2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is spent annually on health care in the U.S.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_– some communities are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, some people cannot

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_health care

* Quality and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – 44,000 to 98,000 people die each year due to medical \_\_\_\_\_\_\_\_\_\_\_\_\_

**What Are Your Options?:**

The \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and South Africa are the only two \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_nations in

the world that do not have a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_health program that guarantees all citizens

\_\_\_\_\_\_\_\_\_\_\_\_ to basic health \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_