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Personal Health 206

Wellness Reading Comprehension Chapters 1, 22, 23 DUE: September 14

**Chapter 1**

1. How do scientists today describe the concept of health?

2. Describe the six dimensions of health.

3. What is the role of health promotion programs?

4. The Health Belief Model incorporates three factors that must support a belief before behavior change is likely. Describe these three factors.

5. Describe seven behavior change techniques.

6. Describe six questions one should ask in order to start making positive changes and setting realistic goals.

**Chapter 22: Consumerism**

7. Why do people fall victim to false health claims?

8. Describe the concept of self-care.

9. What are the risks of being uninsured or underinsured?

**Chapter 23: Complementary and Alternative Medicine**

10. How do the eastern medical systems differ philosophically from western medicine?

11. Define the five major domains of complementary and alternative medicine.

12. Describe the potential benefits of CAM. Describe the risks of CAM.

13. What can you do to ensure you are receiving accurate information regarding CAM treatments or medicines?