

Taking Control of Your Own Health

12th Grade students

12 student participants

Olivia Hazel, Blair Hoeting & Caitlin Lachut

HOSA Cincinnati, Chapter #69215 (Post-Secondary)

University of Cincinnati

2600 Clifton Avenue

Cincinnati, OH 45220

Lesson Plan

Topic:

Taking Control of Your Own Health

Aims of the lesson:

To inform students and give them a better understanding of how they can begin to take steps to start managing their own health, including things such as finding doctors, scheduling appointments, properly filling out health forms, and maintaining their own personal health safety.

Lesson objectives:

Students will be able to...

- Understand the information needed to properly fill out standard health forms
- Understand what appointments they'll be likely to need in the coming years, as well as how to schedule them
- Recognize the limits of insurance, and insurance changes for them in the coming years
- Understand how to navigate the health system for different kinds of doctors and other health care professionals they may have not needed previously or not had access to (therapy, gynecology, non-pediatrics, emergency, etc.)

Assumed prior knowledge:

Students are aware of basic health information and understand healthcare procedures. Students recognize the age of 18 as being considered a legal adult.

Resources:

PowerPoint presentation video, google forms quiz with post instructional survey, students' cell phones/internet capable devices.

Assessment (how learning will be recognized):

A google forms post-quiz was administered once the lesson had been completed as a way to recognize how well the students understood and retained information presented and discussed.

Differentiation (how various learning styles are addressed):

- VISUAL- PowerPoint presentation, insurance activity sheet, professions matching sheet
- AUDITORY - listening to the presentation, at-home discussion
- KINESTHETIC – Highlighting and writing out answers on various worksheets included in lesson plan

Data & Supportive Information

Data and Supportive Information

Navigating the healthcare system is not an easy feat. Especially for young adults who have recently gained their independence. Between appointment scheduling, handling insurance, and learning how to be your own advocate, it can be a lot to handle. However, these services are vital to health and wellbeing, especially with the added stressors of being a college student.

Healthcare providers

College students in good health at minimum should visit their primary care provider, dentist, optometrist, and dermatologist regularly. These providers are essential for maintaining health. Depending on other health needs, seeking other specialists referred by your primary care doctor may be necessary, such as mental health specialists. According to American Family Physician, at least 30% of college students report having some sort of chronic health issue and 30% and 48% of students experience depression and anxiety, respectively. (Unwin 2020). Access to these specialists will ensure that these students get the help that they need. American Family Physician has even created a checklist to help ease the transition of taking control of their health.

Insurance

Those who are under 26 and are claimed as a dependent are able to stay under their parents' plan. If they move states, dependents may need to do extra paperwork or apply for coverage under their parents' plan, depending on the insurance company. If staying on a parents' plan is not a viable option, health plans are available for purchase through universities. If the student is not claimed as a dependent they will have to apply for their own insurance independent of parents' income. If a college student stays uninsured, they may be subject to fines or penalties. Low income people who are not claimed as a dependent may also be eligible for Medicaid (Healthcare.gov).

American Family Physician reports that 64% of college students are covered through their parents' insurance, 13% have insurance college plans, and 9% are uninsured (Unwin 2013).

Scheduling Appointments

Students who need to find a new primary care provider can find one through search engines or just by simply speaking with relatives. Appointments can be made by phone or online. If the wait is too long or the student has not found a suitable primary care provider, universities tend to have their own version of an urgent care that is available on campus (Healthcare.gov). If a student is seeking an appointment with a specialist, an appointment with a primary care provider may be necessary in order to receive a referral.

Being your own health advocate

An important part of becoming independent and taking control of your own health is being your own health advocate. This includes speaking up at appointments about your health concerns, informing your health care providers about symptoms, health worries, or evolving conditions as well as asking questions. It's important for them to know that their healthcare concerns are protected by HIPAA if they are worried about their parents finding out sensitive health information. However, it should be noted that if they are under their parents' insurance, they may see certain bills that may have sensitive information about what doctor or practitioner was seen, lab tests ordered, or medication prescribed (Malani 2017).

Keeping track of all your health questions, appointments, and symptoms can be difficult, especially for stressed young adults. However, many health apps are available that have functions such as appointment reminders, symptom tracking, finding doctors, and managing mental health. By keeping all this tracked and up to date will help young adults to explain to their providers their health concerns and can even show their doctor trends that they have found.

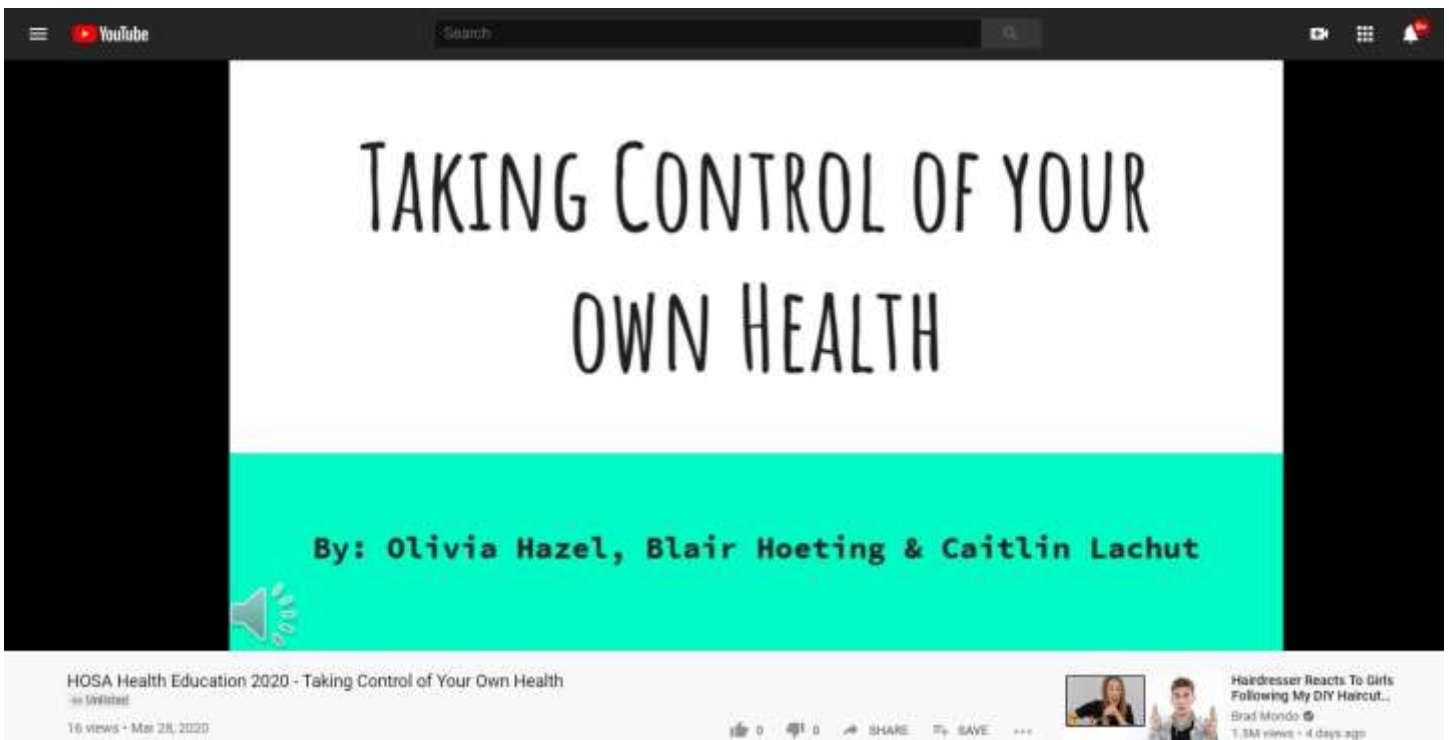
Lesson

Outline

Lesson Outline

Due to COVID-19, this lesson plan was modified to be given online to students to complete in place of one class period, meaning there are no solid time frames. Times given are estimates of how long each activity should take students

5 minutes- Begin video lesson (uploaded to YouTube so students would have access to complete at home) by introducing ourselves to the class, alerting students when they should interact with associated materials not found within the presentation video.



Taking Control of Your Own Health

15-20 minutes- Pause on Activity slide, have students fill out pseudo “New Patient” form; have them look through and determine three categories of information:

- 1) What do I know off the top of my head
- 2) What could I find out easily (its saved in their phone, wallet, etc.)
- 3) What do I not know at all or not know how to find.

They are to follow this by having an active discussion with their relatives/housemates, then writing a summary of that discussion.

10 minutes- Continue into PowerPoint presentation, overviewing how various facets of healthcare changes as you enter into adulthood and the important things to note and understand when scheduling appointments, etc.

5-10 minutes- Pause on the second activity slide and have students fill out a matching assignment. Key given at the end of the PowerPoint lesson.

15 minutes- Students are to resume video PowerPoint and fill out quiz and post instructional survey once completed.

Taking Control Of Your Own Health: New Patient Forms

- Attached is a Mock Health Form that’s similar to what you might encounter at a doctors office if you’re a new patient or if your information needs to be renewed.
 - ***Note: This will be turned in so please refrain from actually putting any sensitive health information on this document! Save another copy to fill out if you want to.*
- Consider the following:
 - How much of this form could you fill out without looking at any resources? Highlight this in **yellow**.
 - How much of this form could you fill out by looking at resources you might have on hand (wallet, phone apps, etc.)? Highlight this in **blue**.
 - How much of this form could you fill out with a call to a relative? Highlight this in **green**.
- Take about 15-20 minutes at home to try to have a discussion with your relatives about what you could and couldn’t fill out. Try to get some of this information and memorize it or note it down where you would have access to it should you need it!
- Write a short summary of what you talked about and what this sheet made you aware of below.

Written Materials

TAKING CONTROL OF YOUR OWN HEALTH

By: Olivia Hazel, Blair Hoeting & Caitlin Lachut

LEARNING OBJECTIVES - STUDENTS SHOULD

- understand the information needed to properly fill out standard health forms
- understand what appointments they'll be likely to need in the coming years, as well as how to schedule those
- recognize the limits of insurance, and how this changes for those in the coming years
- understand how to navigate the health system for various kinds of doctors they may have not needed previously or not had access to (therapy, gynecology, men, pediatrics, emergency, etc.)

GENERALLY IT'S GOOD TO KNOW:

- Allergies • Reactions
- Family History
 - Both sides, through grandparents
- Previous & current medications
- Previous surgeries/procedures and Immunizations
- Health care providers' information
- Emergency contact info

ACTIVITY ONE:
WHAT DO YOU
ACTUALLY KNOW
ABOUT YOUR HEALTH?

PRACTITIONERS EVERYONE SHOULD VISIT



PRIMARY HEALTH CARE PROVIDER



You should visit a primary health care provider once a year. This could be a:

- Physician
- Nurse Practitioner
- Physician's Assistant

They monitor your overall health and will refer you to a specialist as needed



DENTAL EXAMS

Every 6 months you should be evaluated and scheduled for a cleaning



OPTOMETRIST



- Yearly eye exam
- Will examine for an accurate lens prescription
- Will check for glaucoma, strabismus and other muscle disorders, astigmatism, and other common eye disorders
- Sometimes involves retinal examination and eye dilation

DERMATOLOGIST

- Once a year for a full body skin check
- They treat various skin conditions
 - acne
 - rosacea
 - eczema
 - etc.

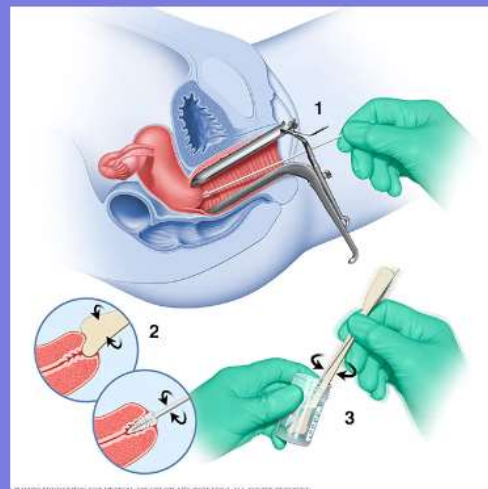


FOR THE LADIES...

Pap Smear

Females, every 3 years starting at 21 (or once sexually active)

A sample of cells is taken from the cervix and sent for lab testing to help screen for cervical cancer



OTHER PROVIDERS YOU COULD CONSIDER SEEING

- ❖ Gynecologist
- ❖ Chiropractor
- ❖ Psychologist
- ❖ Psychiatrist
- ❖ Physical Therapist
- ❖ Athletic Trainer



ACTIVITY TWO: SCENARIO SCRAMBLE



HOW DO I MAKE THE APPOINTMENT?

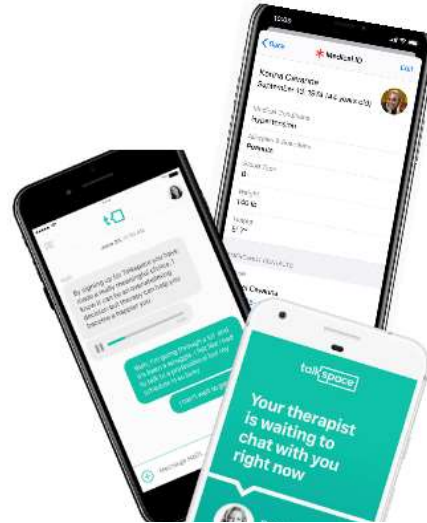
- ❖ Look for a HCP near you
 - > <https://health.gov/myhealthfinder>
 - > Talk to friends/family
 - > Google around!
- ❖ **call the office**



KEEPING TRACK OF YOUR HEALTH

- Health App (Iphone)
- Healthmapper
- SAM (Mental Health)
- Doctor's office apps

Apps can be used for finding doctors, tracking symptoms, managing mental health and more!



INSURANCE

- If you're under the age of 26:
 - Likely you can stay on your parents plan



- Alternate Options
 - University Insurance
 - Medicaid
 - "Catastrophic" Plan
 - Marketplace Insurance

INSURANCE

- It is important to learn your benefits!
 - Talk to your parents/call the number on your card



- As you approach 26 years of age, be sure to be aware of your insurance status!
 - It could expire on your birthday or the end of the year

Best Practices: Where do I start?



- ❖ Learn your personal health information
- ❖ Learn your insurance information
- ❖ Find your doctors
- ❖ Keep good records and keep up with appointments



Any questions/etc? Feel free to reach out!
hazelos@mail.uc.edu

DON'T FORGET TO FILL OUT THE SURVEY AND COMPLETE THE OTHER ACTIVITIES ON SCHOLOGY FOR YOUR ATTENDANCE!

**Matching Worksheet
Answer Key**

1. You are walking down the stairs and you slip and fall. Your ankle hurts a lot, but there is no bleeding or bruising. Who should you go see?
a. Urgent care or primary care doctor
b. ED is not necessary if it is not open or bleeding
2. You are due to see your doctor for your yearly exam. However, you are noticing problems like dizziness, uncoordinated balance, and double vision and want a specialist to check out. Who should you go see?
a. You should go to your primary care provider and they will assess and refer you to a specialist.
b. ED
3. You notice a growing cyst on your shoulder. Who should you go see?
a. Dermatologist, you won't need a physician referral
b. Primary care could also work
4. You are at football practice and you are tackled and feel dizzy and disoriented. Who should evaluate you?
a. Athletic trainers (i.e., work with schools/teams often evaluate first)
b. ED doctors can evaluate for further diagnosis
5. You are experiencing severe jaw pain and pain around your ear on one side? Who do you see?
a. Your Primary ICP can assess and then refer you to either.
b. Prosthodontist or ENT
6. You have had flu like symptoms for a couple days now, with no sign of feeling better. Which practitioner should you visit?
a. Primary care doctor, urgent care, or health clinic

MATCHING ACTIVITY

Read through the following scenarios and match with the appropriate HCP/intervention. Answers posted at the end of the PowerPoint slides. Note that some scenarios will have 2 acceptable answers and options can be used more than once!

You are walking down the stairs and you slip and fall. Your ankle hurts a lot, but there is no bleeding or bruising. Who should you go see?

You are due to see your doctor for your yearly exam. However, you are noticing problems like dizziness, uncoordinated balance, and double vision and want a specialist to check out. Who should you go see?

You notice a growing cyst on your shoulder. Who should you go see?

You are at football practice and you are tackled and feel dizzy and disoriented. Who should evaluate you?

You are experiencing severe jaw pain and pain around your ear on one side? Who do you see?

You have had flu-like symptoms for a couple days now, with no sign of feeling better. Which practitioner should you visit?

- A. ED doctors can evaluate for further diagnosis
- B. Urgent care
- C. PCP for assessment and referral to a specialist
- D. Primary Care physician/Nurse Practitioner
- E. Athletic trainer and then to ED doctor for further diagnosis
- F. Prosthodontist or ENT (referral)
- G. Dermatologist

Taking Control Of Your Own Health: New Patient Forms

- Attached is a Mock Health Form that's similar to what you might encounter at a doctors office if you're a new patient or if your information needs to be renewed.
 - **Note: This will be turned in so please refrain from actually putting any sensitive health information on this document! Save another copy to fill out if you want to.*
- Consider the following:
 - How much of this form could you fill out without looking at any resources? Highlight this in **yellow**.
 - How much of this form could you fill out by looking at resources you might have on hand (wallet, phone apps, etc.)? Highlight this in **blue**.
 - How much of this form could you fill out with a call to a relative? Highlight this in **green**.
- Take about 15-20 minutes at home to try to have a discussion with your relatives about what you could and couldn't fill out. Try to get some of this information and memorize it or note it down where you would have access to it should you need it!
- Write a short summary of what you talked about and what this sheet made you aware of below.

PATIENT INFORMATION SHEET

NAME: _____
 GENDER: _____ SS# _____ DOB: _____ DATE: _____
 ALLERGIES: _____

Emergency Contact Information

First Name: _____ Last Name: _____
 Relationship to Patient: _____ Phone: _____

Insurance Information

Name of Insured: _____ DOB: _____ SS#: _____
 Relationship to Patient: _____ Employer: _____
 Insurance Co: _____ Group #: _____ ID or Policy #: _____

List ALL MEDICATIONS you take, including over-the-counter (OTC) medications and vitamins.
 Please include specific doses and when taken. If you don't know, please call your pharmacist to confirm

PERSONAL MEDICAL HISTORY: (Please circle all that apply)

- | | | | |
|-----------------------------------|---------------------|-----------------------------|----------------------|
| ADHD | COPD/ Emphysema | High Cholesterol | Rheumatoid Arthritis |
| Alcoholism | Dementia | HIV | Seizure Disorder |
| Allergies, Seasonal | Depression | Hepatitis | Sleep Apnea |
| Anemia | Diabetes: 1 or 2 | Irritable Bowel Syndrome | Stroke |
| Anxiety | Diverticulitis | Lupus | Thyroid Disorder |
| Arrhythmia (irregular heart beat) | DVT (Blood Clot) | Liver Disease | Ulcerative Colitis |
| Arthritis | GERD (Acid Reflux) | Macular Degeneration | |
| Asthma | Glaucoma | Neuropathy | |
| Bigular | Heart Disease | Osteopenia/Osteoporosis | |
| Bladder Problems / Incontinence | Heart Attack (MI) | Parkinson's Disease | |
| Bleeding Problems | Histal Hernia | Peripheral Vascular Disease | |
| Cancer: _____ | High Blood Pressure | Peptic Ulcer | |
| Headaches | Kidney Stones | Psoriasis | |
| Crohn's Disease | Kidney Disease | Pulmonary Embolism (PE) | |

Last Menstrual Period	Date: _____	Normal Abnormal
Colonoscopy	Yes/No Date: _____	Normal Abnormal
Mammogram	Yes/No Date: _____	Normal Abnormal
Dexa (Bone Density)	Yes/No Date: _____	Normal Abnormal
Pap	Yes/No Date: _____	Normal Abnormal

Other medical problems not listed above:

Surgical History: Please list all prior surgeries and approximate dates performed.

Taking Control of Your Own Health

SOCIAL / CULTURAL HISTORY:

Education Level: Elementary High School Vocational College Graduate / Professional

Are there any vision problems that affect your communication? Yes No

Are there any hearing problems that affect your communication? Yes No

Are there any limitations to understanding or following instructions (either written or verbal)? Yes No

Current Living Situation (Check all that apply):

Single Family Household Multi-generational Household Homeless Shelter Skilled Nursing Facility Other: _____

Smoking/ Tobacco Use: Current Past Never Type: _____ Amount/day: _____ Number of Years: _____

Alcohol: Current Past Never Drinks/week: _____

Recreational Drug Use: Current Past Never Type: _____

Are you sexually active? Yes No

Are there any personal problems or concerns at home, work, or school you would like to discuss? Yes No

Are there any cultural or religious concerns you have related to our delivery of care? Yes No

Are there any financial issues that directly impact your ability to manage your health? Yes No

How often do you get the social and emotional support you need?

Always Usually Sometimes Rarely Never

Comments (Please feel free to comment on any answers marked "yes" above):

FAMILY HISTORY:

FATHER: Living: Age _____ Deceased: Age _____

Alcoholism	Bipolar Disorder	Depression	High Cholesterol	Osteoporosis
Anemia	Cancer: _____	Diabetes 1 or 2	High Blood Pressure	Stroke
Asthma	COPD/Emphysema	DVT (Blood Clot)	Kidney Disease	Thyroid Disorder
Arthritis	Dementia	Heart Disease	Migraines	

Other: _____

MOTHER: Living: Age _____ Deceased: Age _____

Alcoholism	Bipolar Disorder	Depression	High Cholesterol	Osteoporosis
Anemia	Cancer: _____	Diabetes 1 or 2	High Blood Pressure	Stroke
Asthma	COPD/Emphysema	DVT (Blood Clot)	Kidney Disease	Thyroid Disorder
Arthritis	Dementia	Heart Disease	Migraines	

Other: _____

SIBLINGS/OTHER RELATIVES:

List other medical providers you see on a regular basis (i.e. Cardiologist, Mental Health Provider, Kidney Doctor, Dentist, etc.)

Feedback

Tools

Online Lesson: Taking Control Of Your Own Health Exit Quiz

Please fill out this form and submit so that we can evaluate your learning and thoughts surrounding the lesson!

* Required

1. Email address *

2. Do you feel more prepared to answer health form questions? How so? *

0 points

3. What are the standard doctors you should visit regularly? *

0 points

Check all that apply.

- Primary care
- Dentist
- Optometrist
- Physical Therapist
- Chiropractor
- Dermatologist
- Gynecologist (for female bodied individuals)
- Psychologist
- Athletic Trainer

Taking Control of Your Own Health

4. What is the fastest way to schedule an appointment? *

0 points

Mark only one oval.

- Ask your mom
- Call the office
- Schedule online
- Just walk in

5. True or False: Insurance coverage ends at age 18? *

0 points

Mark only one oval.

- True
- False

6. Did you feel this lesson was relevant to your health? *

Mark only one oval.

- Yes
- No
- Maybe
- Other: _____

7. On a scale from 1-5, do you feel like you learned something from this lesson? *

Mark only one oval.

	1	2	3	4	5	
(Not at all)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	(I learnt a ton)

B. Please list any additional comments or suggestions for improvement! *

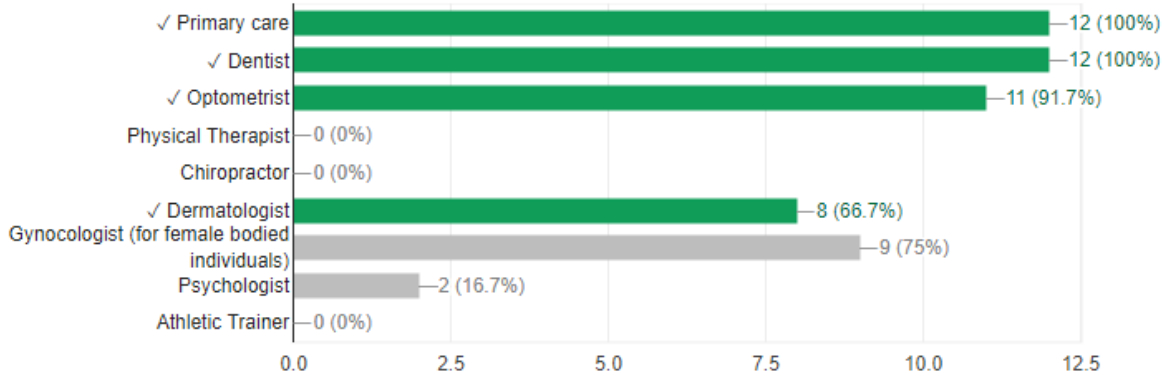
This content is neither created nor endorsed by Google.

Google Forms

Taking Control of Your Own Health

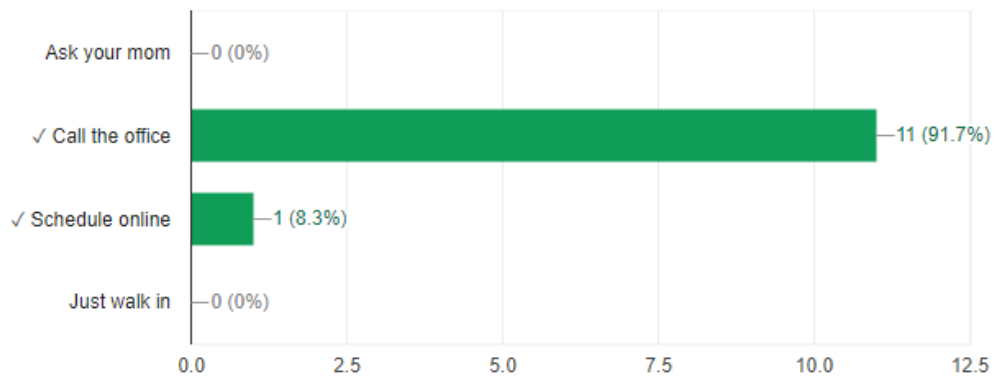
What are the standard doctors you should visit regularly?

2 / 12 correct responses



What is the fastest way to schedule an appointment

12 / 12 correct responses



Did you feel this lesson was relevant to your health?

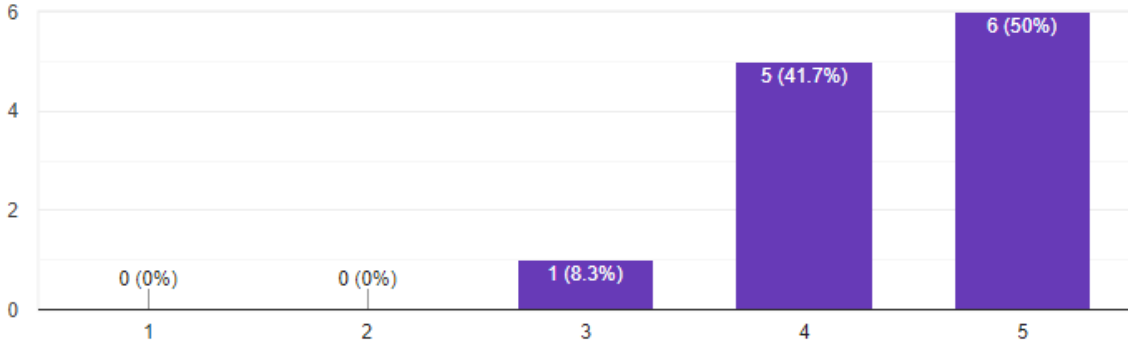
12 responses



Taking Control of Your Own Health

On a scale from 1-5, do you feel like you learned something from this lesson?

12 responses



Do you feel more prepared to answer health form questions? How so?

I understand more about what I need to know and what is important in terms of my health.

Yes. I am more familiar with how the form looks like and feel prepared to answer the questions the next time I go to the doctor's office.

Yes. It is important to know information before going into the doctor. Especially since we are turning 18 and will be filling these forms out on our own; we need to know what will be asked.

Yes because this video provided a detailed overview of the importance of them and accurate information.

yes! usually my mom fills out most of the information that i can't such as insurance, but now I'll be sure to get that information and fill it out myself.

Yes, it can be very confusing to figure out what you have to do transitioning from childhood to college. This presentation broke it down and made it much easier to understand.

Yes I know now what questions I should be expecting when I go into a new doctors office and so I will have all the answers ready so I don't have to call my Mom at the doctors office asking her questions.

I think after watching this video I do feel more prepared to answer health form questions. Typically my parents are in charge of booking my standard doctor checkups, soon I will be responsible for making those calls on my own. Something I found interesting was that the quickest way for more to schedule an appointment would be for me to just call the front office.

Yes, I know what things I will need to fill out so now I can learn that info before and have it on hand with me.

Yes because I had no idea where to start with making my own appointments.

Yes, I feel that I am more familiar with what to expect.

Yes, after watching the video and doing the worksheets, it taught me a lot more about health facts.

Additional comments or suggestions for improvement!

I liked the presentation; nothing needs to change.

Thank you for a great presentation! I learnt so many things that I didn't know before.

I have no additional comments

N/A, it was very good :)

Nothing - it was great!

none :)

None (: thanks!!

nope, all the information was actually really insightful :)

N/A

Some of the voice messages were unnecessarily long and included information that viewers may not need or already know. I liked the addition of the health apps!! I never knew that was a thing.

I really like the lesson! I think it is super important and very helpful.

I thought the most interesting parts of the video were the slides that discussed insurance and coverage once entering adulthood.

References

- Getting your own health coverage when you turn 26.* (n.d.). HealthCare.Gov. Retrieved April 16, 2020, from <https://www.healthcare.gov/turning-26/>
- Health care coverage options for college students.* (n.d.). HealthCare.Gov. Retrieved April 16, 2020, from <https://www.healthcare.gov/young-adults/college-students/>
- Health screenings for women ages 18 to 39: MedlinePlus Medical Encyclopedia.* (n.d.). Retrieved April 16, 2020, from <https://medlineplus.gov/ency/article/007462.htm>
- Off to college? Don't forget to pack a plan for your health.* (2017, October). NPR.Org. <https://www.npr.org/sections/health-shots/2017/10/07/555901858/off-to-college-don-t-forget-to-pack-a-plan-for-your-health-care>
- Pap smear—Mayo clinic.* (n.d.). Retrieved April 16, 2020, from <https://www.mayoclinic.org/tests-procedures/pap-smear/about/pac-20394841>
- Take control of your care.* (n.d.). Retrieved April 16, 2020, from <https://www.uhc.com/health-and-wellness/take-control-of-your-care>
- Talking to your doctor.* (2015, May 8). National Institutes of Health (NIH). <https://www.nih.gov/institutes-nih/nih-office-director/office-communications-public-liaison/clear-communication/talking-your-doctor>
- Unwin, B. K., Goodie, J., Reamy, B. V., & Quinlan, J. D. (2013). Care of the college student. *American Family Physician*, 88(9), 596–604.
- Your healthiest self: Wellness toolkits.* (2017, June 22). National Institutes of Health (NIH). <https://www.nih.gov/health-information/your-healthiest-self-wellness-toolkits>