Module:

Health

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Lesson:
Making Appointments / Health Insurance

GOALS
In this lesson you will learn about:

• Making a doctor's appointment
• Health insurance

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NEW WORDS

<table>
<thead>
<tr>
<th>Words</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>health Insurance</td>
<td>you pay money; insurance pays if you get sick or hurt</td>
</tr>
<tr>
<td>medical bill</td>
<td>money you pay to see the doctor</td>
</tr>
<tr>
<td>referral</td>
<td>the doctor sends you to another doctor</td>
</tr>
<tr>
<td>prescription</td>
<td>a note from the doctor for you to get medicine</td>
</tr>
<tr>
<td>clinic</td>
<td>a small hospital</td>
</tr>
<tr>
<td>Medicare</td>
<td>government insurance for old and disabled people</td>
</tr>
<tr>
<td>Medicaid</td>
<td>government insurance for people who are low-income</td>
</tr>
<tr>
<td>low-income</td>
<td>very little or no money from a job</td>
</tr>
<tr>
<td>disabled</td>
<td>people who can't work because of a body problem</td>
</tr>
</tbody>
</table>

IN YOUR COUNTRY

Talk with your class

- In your country, where did you go when you were sick?
- How did you pay for the doctor?
- Did you need health insurance?
NOORA’S STORY

Noora is from Iraq.

She has back problems.

She needs to see a doctor.

Noora never went to doctor in the US before.

Noora is scared.

She calls the clinic.

She makes an appointment.

Her appointment is on April 12 at 1:30 pm.

The receptionist asks her to come at 1:20 p.m. to fill out an insurance form.

Noora goes to the doctor.

She goes at 1:20 and fills out the insurance form.

The doctor checks Noora.

The doctor gives her a prescription for medicine.

The doctor gives her a referral to see a back doctor.

Questions

▷ What’s Noora’s problem?
▷ What time is Noora’s appointment?
▷ What time does Noora go to the clinic? Why?
ACTIVITY: Fill in the Blank

| insurance | scared | referral |
| medicine | receptionist |

• A __receptionist__ answers the phone and makes appointments.

• You take __________ to help pain.

• Some people feel __________ to go to the doctor.

• The doctor sends you to another doctor. This is a __________.

• At the clinic, you fill out an _______________ form.
MAKING A DOCTOR’S APPOINTMENT

ACTIVITY: Calling a Clinic
Practice reading with a partner

Noora:         I need to make an appointment.
Receptionist:  What’s the problem?
Noora:         I have pain in my back.
Receptionist:  Ok. What is your name?
Noora:         My name is Noora Shakib.
Receptionist:  What is your date of birth?
Noora:         March 8, 1989.
Receptionist:  Do you have health insurance?
Noora:         Yes, I do.
Receptionist:  Can you come at 1:30 p.m. on April 12?
Noora:         Yes, I can. Thank you.
Receptionist:  Bring your insurance card.
Noora:         Ok. Thank you.

Questions
▷ What is the date of the appointment? _____________
▷ What time is the appointment? _____________
▷ What does Noora need to bring? _____________
# ACTIVITY: Making an Appointment

Talk to your classmates. Make appointments. Write their names.

<table>
<thead>
<tr>
<th></th>
<th>10:00 am</th>
<th>11:30 am</th>
<th>2:00 pm</th>
<th>3:15 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon. June 15</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tues. June 16</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wed. June 17</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thurs. June 18</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
HEALTH INSURANCE IN THE US

What Is Health Insurance?
If you get sick, insurance pays your medical bills.

How Can I Get Health Insurance?

1. At your job
2. Pay for your own insurance – this can be expensive
3. Get government insurance
   - Apple Health or Medicaid is government insurance for people who are low-income or can’t work
   - Medicare is government insurance for people over 65 years old

WRAP-UP
Talk with a group.

> Why is health insurance important?
> What are 3 ways to get health insurance?
Lesson:

Medical History

GOALS
In this lesson you will learn about:

• Talking with a doctor
• Filling out a medical form
• Your height and weight
• Mental and emotional health

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# NEW WORDS

<table>
<thead>
<tr>
<th>Words</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>diabetes</td>
<td>blood sugar in the body is too high</td>
</tr>
<tr>
<td>cancer</td>
<td>bad cells grow in the body and you go to the doctor many times</td>
</tr>
<tr>
<td>high blood pressure</td>
<td>blood pushes through your body is too hard</td>
</tr>
<tr>
<td>asthma</td>
<td>difficult breathing</td>
</tr>
<tr>
<td>depression</td>
<td>feeling sad all the time</td>
</tr>
<tr>
<td>surgery</td>
<td>an operation at the hospital</td>
</tr>
<tr>
<td>accident</td>
<td>something bad happens and someone gets hurt</td>
</tr>
<tr>
<td>medication</td>
<td>a drug to make you better</td>
</tr>
<tr>
<td>height</td>
<td>how tall a body is in feet or centimeters</td>
</tr>
<tr>
<td>weight</td>
<td>how heavy a body is in pounds or kilograms</td>
</tr>
<tr>
<td>mental health</td>
<td>a healthy mind</td>
</tr>
<tr>
<td>emotional health</td>
<td>healthy feelings</td>
</tr>
</tbody>
</table>

# IN YOUR COUNTRY

- Were you ever hurt or sick in your country?
- Did you go to the doctor?
- Was anyone in your family sick?
ABIDAH GETS HURT

Abidah is 28 years old.
She plays soccer.
Last week, Abidah fell.
She had pain.
It was hard for her to breathe.
She went to the hospital.

The doctor asked her to fill out a medical history form.
Abidah told her doctor she has asthma.
Abidah got an X-Ray.
She had a broken rib.
The doctor gave Abidah new asthma medicine.
The doctor told Abidah to rest for six weeks.
The doctor said, “No soccer.”
After six weeks, Abidah played soccer again.
She was very happy.

Questions

› What happened to Abidah?
› What problems does Abidah have?
› How long did Abidah have to rest?
MEDICAL VOCABULARY

ACTIVITY: Practice

Match the words to the pictures:

migraine

cancer

high blood pressure

allergies

surgery

accident

asthma

depression

diabetes
MEDICAL FORMS

Write your information:

<table>
<thead>
<tr>
<th>Health Information Form</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name: __________________</td>
</tr>
<tr>
<td>Last</td>
</tr>
<tr>
<td>Address: ___________________</td>
</tr>
<tr>
<td>Street</td>
</tr>
<tr>
<td>City</td>
</tr>
<tr>
<td>Telephone Number: __<em><strong><strong><strong>-</strong></strong></strong></em></td>
</tr>
<tr>
<td>Date of Birth: <em><strong>/</strong><strong>/</strong></em>__</td>
</tr>
<tr>
<td>Gender: Female  Male</td>
</tr>
<tr>
<td>Marital Status: Single  Married  Divorced  Widowed</td>
</tr>
<tr>
<td>Have you had:</td>
</tr>
<tr>
<td>Diabetes          No  Yes</td>
</tr>
<tr>
<td>Migraines         No  Yes</td>
</tr>
<tr>
<td>Cancer            No  Yes</td>
</tr>
<tr>
<td>High Blood Pressure No  Yes</td>
</tr>
<tr>
<td>Asthma            No  Yes</td>
</tr>
<tr>
<td>Depression        No  Yes</td>
</tr>
<tr>
<td>Signature  Date</td>
</tr>
</tbody>
</table>

Lesson: Medical History
Beginning Level

ReWA
HEIGHT AND WEIGHT IN THE US

- Height: 1 foot (ft) = 12 inches (in) = 30.48 cm
- Weight: 1 pound (lb) = .45 kg

Look at the ID:

- Height: 5 ft 8 in = 172 cm
- Weight: 165 lbs = 74.8 kgs

ACTIVITY: Your Height and Weight

Write your height and weight. Use your ID if you can.

<table>
<thead>
<tr>
<th>Height</th>
<th>_____ ft. _____ in.</th>
<th>_____ cm.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight</td>
<td>_____ lbs.</td>
<td>_____ kgs.</td>
</tr>
</tbody>
</table>
MENTAL AND EMOTIONAL HEALTH

All the time, it is not healthy to be

- sad
- tired
- stressed

This is called “depression.”

Depression can make you sick.

If you are depressed, a doctor can help you.
ACTIVITY: Answering Questions about Medical History

Work with a partner.

One of you is the doctor. One of you is a patient.

Ask or answer the questions.

MEDICAL HISTORY QUESTIONS

1. What is your name?
2. What is your date of birth?
3. What is your height?
4. What is your weight?
5. Have you had:
   a. Diabetes?
   b. Migraines?
   c. Cancer?
   d. High Blood Pressure?
   e. Asthma?
   f. Depression?
6. Do you take medicine?
7. Do you exercise?
WRAP-UP

Think about you. Answer the questions.

What medical history questions should you talk to your doctor about? Why?
Lesson:

Medicine

GOALS

In this lesson you will learn about:

- Medicine
- Reading medicine labels
- Getting medicine at the pharmacy

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NEW WORDS

<table>
<thead>
<tr>
<th>Words</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>label</td>
<td>information on a medicine bottle or box</td>
</tr>
<tr>
<td>dosage/dose</td>
<td>how much medicine you should take</td>
</tr>
<tr>
<td>side effects</td>
<td>problems that can happen when you take medicine</td>
</tr>
<tr>
<td>refill</td>
<td>getting more of the same medicine</td>
</tr>
<tr>
<td>pharmacist</td>
<td>a pharmacy worker</td>
</tr>
<tr>
<td>prescription</td>
<td>a doctor writes a note to give you medicine</td>
</tr>
<tr>
<td>fill the prescription</td>
<td>a pharmacist gets you medicine</td>
</tr>
<tr>
<td>warning</td>
<td>danger</td>
</tr>
</tbody>
</table>

IN YOUR COUNTRY

- Where did you buy medicine in your country?
- Did you need a doctor’s note (prescription) to buy medicine?

THE PHARMACY

A pharmacy or drugstore is a store that has medicine.

A pharmacist works at a pharmacy. They know about medicine.
Prescriptions
A prescription is a note from the doctor to get medicine.

Take the prescription to the pharmacy.

The pharmacist will fill the prescription.

The pharmacist will tell you about the medicine.

Over the Counter Medicine
Over the counter medicine (OTC) is medicine you don’t need a prescription for.

You have to read the label.

The label has important information.

Questions

- Where can you get medicine?
- What is a pharmacist?
- What is OTC?
**ACTIVITY: Your Medicine**

What medicine do you take?

<table>
<thead>
<tr>
<th>OTC</th>
<th>Prescription</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**OVER-THE-COUNTER MEDICINE**

What do you see in the pictures?
ACTIVITY: OTC Medicine

Sattar has a cough. Read with a partner.

**Pharmacist:** Hello.

**Sattar:** I have a cough.

**Pharmacist:** Ok. Here is an OTC cough medicine.

**Sattar:** What is the dosage?

**Pharmacist:** Use the small cup. Drink 1 every 4-6 hours.

**Sattar:** Do I take it with food?

**Pharmacist:** Yes.

**Sattar:** Are there side effects?

**Pharmacist:** Yes, you can get sleepy.

**Sattar:** Ok.

**Pharmacist:** If you are still sick in 2 days, go to a doctor.

**Sattar:** Ok, Thank you!

**Pharmacist:** You’re welcome.

**Questions:**

▷ What’s wrong with Sattar?
▷ What is the dosage for the medicine?
▷ What if Sattar doesn’t feel better in 2 days?
ACTIVITY: Reading an OTC Label

Drugs Facts

<table>
<thead>
<tr>
<th>Uses:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• cough</td>
</tr>
<tr>
<td>• sore throat</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Warnings:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• can cause sleepiness</td>
</tr>
<tr>
<td>• don’t drink alcohol</td>
</tr>
<tr>
<td>• don’t drive a car</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Directions:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Adults: take 30 ML every 4-6 hours</td>
</tr>
<tr>
<td>• Children: do not use</td>
</tr>
</tbody>
</table>

Questions

- What is this medicine for?
- What is the dosage for adults?
- What is the dosage for children?
- What are the warnings?
PRESCRIPTION MEDICINE

ACTIVITY: Prescription Medicine

Seynab needs to fill a prescription. Read with a partner:

**Pharmacist:** Hello.

**Seynab:** I have a prescription. Can you fill it?

**Pharmacist:** Yes, I can.

**Pharmacist:** Have you taken this medicine before?

**Seynab:** No, I haven’t.

**Pharmacist:** Ok. Take 1 tablet every 4-6 hours.

**Seynab:** Are there side effects?

**Pharmacist:** Yes, you can get sleepy.

**Seynab:** Ok. Can I get a refill?

**Pharmacist:** Yes, you can get 3 refills.

**Seynab:** Thank you!

**Pharmacist:** You’re welcome.
ACTIVITY – Reading a Prescription Medicine Label

Read the label and answer the questions.

Queen Anne Pharmacy

Seattle, WA 98119

Rx # 123456  Dr. Lee
Seynab Alasi  6/21/20

Take one tablet every 4-6 hours.

Acetaminophen 325 mg, 15 mg/tablet

3 refills

Questions

➢ What is the name of the medicine?
➢ What is the dosage?
➢ How many refills are there?
WRAP-UP
I know about:

☐ OTC medicine
☐ prescription medicine
☐ labels
☐ filling a prescription
☐ side effects
Lesson:
Healthy Lifestyle

GOALS
In this lesson you will learn about:

• A healthy lifestyle
• Exercise
• Hygiene in the US
• Stress

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**NEW WORDS**

<table>
<thead>
<tr>
<th>Words</th>
<th>Meanings</th>
</tr>
</thead>
<tbody>
<tr>
<td>healthy</td>
<td>well, not sick</td>
</tr>
<tr>
<td>lifestyle</td>
<td>what you do every day</td>
</tr>
<tr>
<td>exercise</td>
<td>using your body to be healthy, for example, walking, swimming</td>
</tr>
<tr>
<td>hygiene</td>
<td>having a clean body, clothes and home</td>
</tr>
<tr>
<td>stress</td>
<td>feeling bad because you have too much work</td>
</tr>
<tr>
<td>stress management</td>
<td>healthy activities to lower stress</td>
</tr>
<tr>
<td>breathing</td>
<td>taking air into your body</td>
</tr>
</tbody>
</table>

**IN YOUR COUNTRY**

Think about life in your country.

- Did you exercise in your country?
- Did you have stress?
- Do you have stress in the US?
**ALI’S STRESSFUL LIFE**

Ali is from Turkey.
He came to the US with his family.
He got a job at the airport.
He works overtime a lot.

His son, Semir, is 14.
Semir is doesn’t like school.
Sometimes he skips class.

Semir’s teacher talks to Ali.
Semir needs to come to school or the family is in trouble.
Ali loves his son and he doesn’t know what to do.
Ali is too busy.
Ali doesn’t sleep at night.
He is tired.
Sometimes he drinks alcohol to help him sleep.
A HEALTHY LIFESTYLE

How often should you do these things? Talk with your class:

<table>
<thead>
<tr>
<th>Activity</th>
<th>How Often</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise</td>
<td></td>
</tr>
<tr>
<td>Sleep</td>
<td></td>
</tr>
<tr>
<td>Smoke or vape</td>
<td></td>
</tr>
<tr>
<td>Eat healthy food</td>
<td></td>
</tr>
<tr>
<td>Drink water</td>
<td></td>
</tr>
<tr>
<td>Drink coffee</td>
<td></td>
</tr>
<tr>
<td>Watch TV, use a phone or computer</td>
<td></td>
</tr>
<tr>
<td>Take a shower</td>
<td></td>
</tr>
<tr>
<td>Relax / Spend time with family or friends</td>
<td></td>
</tr>
</tbody>
</table>
**Answers**

<table>
<thead>
<tr>
<th>Activity</th>
<th>How Often</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise</td>
<td>30 minutes 5 times a week</td>
</tr>
<tr>
<td>Sleep</td>
<td>7-9 hours a day</td>
</tr>
<tr>
<td>Smoke or vape</td>
<td>Never</td>
</tr>
<tr>
<td>Eat healthy food</td>
<td>Every day</td>
</tr>
<tr>
<td>Drink water</td>
<td>8 glasses a day</td>
</tr>
<tr>
<td>Drink coffee</td>
<td>Fewer than 4 cups of coffee a day</td>
</tr>
<tr>
<td>Watch TV, use a phone or computer</td>
<td>Adults - 2 hours a day</td>
</tr>
<tr>
<td></td>
<td>Children – 1 hour a day</td>
</tr>
<tr>
<td></td>
<td>Children under 2 - Never</td>
</tr>
<tr>
<td>Take a shower</td>
<td>Every 1-2 days</td>
</tr>
<tr>
<td>Relax / Spend time with family or friends</td>
<td>Every day</td>
</tr>
</tbody>
</table>

*Source: Mayo Clinic*

**Talk with Your Class**

- What surprises you?
- How often do you do these things?
EXERCISE
Work with your class. How can you exercise more?

ACTIVITY: Stretching
Sit down or stand up. Practice the stretches:
HYGIENE IN THE U.S.
How often should you do these things? Match the pictures to the answers:

- Take a shower: 2 times a day
- Brush your teeth: As needed
- Wear deodorant: Every 1–2 days
- Wash your clothes: Every day
- Clean your home: Once a week

WORK AND LIFE BALANCE
Think about Ali:

➢ What happened to Ali?
➢ Why is he stressed?
ACTIVITY: Stress Quiz

Check what happened to you.

☐ came to the U.S.
☐ moved to a new home
☐ looked for a new job
☐ got a new job
☐ had a new baby
☐ paid bills
☐ got sick
☐ went to school
☐ had many appointments
☐ took care of family or friends
☐ ____________________________________________

Question

Think about you.

▷ Do you have stress? Why or why not?

ACTIVITY: Stress Management

Think about Ali.

▷ How did he manage his stress?
Is Ali healthy or not?

Work in a group. What are healthy ways to manage stress?

Activity: Breathing

Slow breathing helps stress. Practice.

- Place one hand on your chest and the other on your belly.
- Inhale deeply through your nose for a count of four, making sure your belly is expanding and not your chest. Exhale through your mouth for a count of four.
- Continue this breathing cycle for a few minutes.
- Feel the stress leave your body while your mind becomes calm.

Image: www.destressmonday.org

WRAP-UP

Think about you.

Write 3 things you will do to be healthy. Tell your teacher.
I will…