

# Certified Medical Assistant (CMA) National Credential Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>16</b>

SAMPLE

# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## 1. Start with a Diagnostic Review

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## 2. Study in Short, Focused Sessions

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## 3. Learn from the Explanations

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## 4. Track Your Progress

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## 5. Simulate the Real Exam

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## 6. Repeat and Review

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## **Questions**

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- 1. In the context of blood disorders, what does anemia refer to?**
  - A. High white blood cell count**
  - B. Low platelet count**
  - C. Low red blood cell count**
  - D. High iron levels**
  
- 2. What can an area of infarction result from?**
  - A. Excessive bacteria growth**
  - B. Loss of blood supply**
  - C. Normal metabolic processes**
  - D. Improper calcium balance**
  
- 3. Which nutrient is crucial for the production of red blood cells?**
  - A. Vitamin C**
  - B. Iron**
  - C. Calcium**
  - D. Vitamin D**
  
- 4. Which of the following types of tissues does the epithelium belong to?**
  - A. Connective tissue**
  - B. Nervous tissue**
  - C. Epithelial tissue**
  - D. Muscle tissue**
  
- 5. What type of insurance contract is written for a company for its employees?**
  - A. Individual coverage**
  - B. Group coverage**
  - C. Family coverage**
  - D. Short-term coverage**

**6. How many bones are there in the adult human body?**

- A. 206
- B. 208
- C. 210
- D. 214

**7. What is iron primarily known for in the human body?**

- A. Building muscle
- B. Producing energy
- C. Being a necessary component of hemoglobin
- D. Facilitating digestion

**8. Individuals who are unable to pay for medical care may qualify for which program?**

- A. Medicare
- B. Private insurance
- C. Medicaid
- D. Employer-based insurance

**9. What term is used for high blood pressure?**

- A. Hypotension
- B. Hypertension
- C. Cardiology
- D. Hemostasis

**10. What is the main component of a hypodermic needle's function?**

- A. To administer food
- B. To extract blood
- C. To deliver medication
- D. To remove toxins

## **Answers**

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1. C
2. B
3. B
4. C
5. B
6. A
7. C
8. C
9. B
10. C

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## **Explanations**

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**1. In the context of blood disorders, what does anemia refer to?**

- A. High white blood cell count**
- B. Low platelet count**
- C. Low red blood cell count**
- D. High iron levels**

Anemia specifically refers to a condition in which there is a deficiency in the number of red blood cells or the quantity of hemoglobin they contain. This reduction hinders the blood's ability to carry adequate oxygen to the body's tissues, resulting in symptoms like fatigue, weakness, and pallor. The primary characteristic of anemia is the low red blood cell count, which can arise from various causes such as iron deficiency, vitamin deficiencies, chronic diseases, or bone marrow problems. While other conditions may involve alterations in blood cell counts, such as elevated white blood cell counts (often indicating infection or inflammation) or changes in platelet levels (which can be a sign of clotting issues), these do not define anemia. Moreover, high iron levels may indicate a different disorder, such as hemochromatosis, but do not relate to the characteristic of a low red blood cell count that defines anemia. Thus, understanding the role of red blood cells in oxygen transport underscores why low red blood cell count is synonymous with anemia.

**2. What can an area of infarction result from?**

- A. Excessive bacteria growth**
- B. Loss of blood supply**
- C. Normal metabolic processes**
- D. Improper calcium balance**

An area of infarction results from loss of blood supply to a tissue or organ, leading to cell death and damage. This typically occurs when there is a blockage in the blood vessels that prevents sufficient blood flow, which is necessary for delivering oxygen and nutrients to the cells. Without an adequate blood supply, the affected area cannot sustain its metabolic functions, resulting in tissue necrosis. Infarction is most commonly associated with conditions such as heart attacks or strokes, where blood clots or other obstructions impede circulation. Understanding the causative factors of infarction emphasizes the critical role of blood flow in maintaining tissue health and function. In contrast, excessive bacteria growth, normal metabolic processes, and improper calcium balance do not directly cause an area of infarction, as they either relate to infection, physiological functions, or mineral imbalances rather than the interruption of blood supply.

**3. Which nutrient is crucial for the production of red blood cells?**

- A. Vitamin C**
- B. Iron**
- C. Calcium**
- D. Vitamin D**

Iron plays a vital role in the production of red blood cells because it is a key component of hemoglobin, the molecule within red blood cells that binds to oxygen. Hemoglobin carries oxygen from the lungs to the body's tissues and facilitates the return of carbon dioxide from the tissues back to the lungs. Without adequate iron, the body cannot produce sufficient hemoglobin, which can lead to anemia characterized by a reduced ability to transport oxygen in the blood, resulting in fatigue and weakness. The other nutrients listed also play important roles in the body, but they do not directly affect the production of red blood cells in the same way that iron does. For example, while Vitamin C is essential for various bodily functions, including the absorption of iron, it does not contribute directly to red blood cell production. Calcium is crucial for bone health and muscle function, while Vitamin D is important for calcium absorption and skeletal health, but neither are directly involved in the synthesis of hemoglobin. Thus, iron is the nutrient specifically necessary for the formation of red blood cells.

**4. Which of the following types of tissues does the epithelium belong to?**

- A. Connective tissue**
- B. Nervous tissue**
- C. Epithelial tissue**
- D. Muscle tissue**

The correct answer is the identification of epithelium as epithelial tissue. Epithelial tissue is one of the four main types of tissues found in the body, with the other three being connective, nervous, and muscle tissues. Epithelial tissue serves several critical functions, including protection, absorption, secretion, and sensation. Epithelial tissues form the covering or lining of surfaces and organs, making them essential in various biological processes. They can be classified based on their cell shape (such as squamous, cuboidal, or columnar) and the number of layers (simple or stratified). Understanding that epithelium is categorized specifically within the broader classification of epithelial tissue is vital for recognizing its unique roles and characteristics in contrast to the other types of tissues. For instance, connective tissue provides support and structure, nervous tissue is involved in transmitting information, and muscle tissue facilitates movement. These distinctions highlight the specialized functions and forms of each tissue type throughout the body.

**5. What type of insurance contract is written for a company for its employees?**

- A. Individual coverage**
- B. Group coverage**
- C. Family coverage**
- D. Short-term coverage**

Group coverage is a type of insurance contract designed specifically for a group of individuals, such as employees of a company. This form of insurance typically offers a single policy that covers all members of the group under a single contract, which can make it more cost-effective compared to individual policies. The risk is spread over a larger pool, leading to lower premiums for each insured member. This type of coverage is beneficial for both employers and employees since it often includes essential health benefits and may cover dependent family members as well, depending on the specifics of the plan. In contrast, individual coverage refers to policies taken out by individuals for themselves, family coverage pertains to policies meant to cover several family members, and short-term coverage typically provides temporary insurance and does not cater to groups in an employment context. Thus, the nature of group coverage as a collective agreement among employees underlines its role as the correct answer.

**6. How many bones are there in the adult human body?**

- A. 206**
- B. 208**
- C. 210**
- D. 214**

The adult human body typically contains 206 bones. This number is the standard count for adults, as certain bones that are separate in infants fuse together as a person matures. For example, infants are born with approximately 270 bones, but as they grow, some of these bones, particularly in the skull and spine, fuse together, leading to the total of 206 bones in a healthy adult. This skeletal framework provides support, protection to vital organs, and facilitates movement through the attachment of muscles. The options indicating higher numbers do not reflect the standard anatomical count recognized in human biology.

## 7. What is iron primarily known for in the human body?

- A. Building muscle**
- B. Producing energy**
- C. Being a necessary component of hemoglobin**
- D. Facilitating digestion**

Iron is primarily known for being a necessary component of hemoglobin, which is the protein in red blood cells responsible for transporting oxygen from the lungs to the rest of the body. This oxygen transport is crucial for cellular respiration and energy production in the body's tissues. Hemoglobin binds oxygen in the lungs and releases it in the tissues, making iron essential for maintaining sufficient oxygen levels in the blood. While other functions are also important, such as muscle building where proteins like myoglobin (which also contains iron) play a role in oxygen storage in muscles, the primary and most critical function of iron is its central role in hemoglobin structure and function. Iron is not directly associated with energy production in the sense of metabolism, nor does it directly facilitate digestion, although it plays supportive roles in various biological processes. Thus, the clarity of iron's function in hemoglobin underlines its essential nature in human physiology.

## 8. Individuals who are unable to pay for medical care may qualify for which program?

- A. Medicare**
- B. Private insurance**
- C. Medicaid**
- D. Employer-based insurance**

Medicaid is a program specifically designed to assist individuals and families who have limited income and resources, making it a crucial safety net for those unable to afford medical care. It provides essential health coverage to eligible low-income individuals, including children, pregnant women, elderly individuals, and people with disabilities. Medicaid typically covers a wide range of services, including hospital stays, doctor visits, long-term care, and preventative services, thus ensuring that those who qualify can access necessary medical care without financial strain. The other options, while providing different types of health coverage, do not directly address the needs of individuals who cannot afford medical care due to financial constraints. Medicare is aimed at older adults and certain younger individuals with disabilities. Private insurance often requires premium payments and may not be accessible to those with limited income. Employer-based insurance depends on employment status and usually also entails out-of-pocket costs that could be prohibitive for low-income individuals. Thus, Medicaid stands out as the most appropriate choice for individuals lacking the means to pay for medical care.

## 9. What term is used for high blood pressure?

- A. Hypotension
- B. Hypertension**
- C. Cardiology
- D. Hemostasis

The term used for high blood pressure is hypertension. Hypertension is a medical condition characterized by elevated levels of blood pressure in the arteries, which can lead to serious health issues if not managed properly. It is an important aspect of cardiovascular health and is often measured during routine medical check-ups. Hypotension refers to low blood pressure, which is the opposite of hypertension. Cardiology is the branch of medicine that deals with diseases and abnormalities of the heart, and while it encompasses issues related to blood pressure, it is not a term specifically used to describe high blood pressure itself. Hemostasis is the process that prevents and stops bleeding, involving the coagulation of blood; it does not directly relate to blood pressure levels. Therefore, hypertension is the correct term that specifically means high blood pressure.

## 10. What is the main component of a hypodermic needle's function?

- A. To administer food
- B. To extract blood
- C. To deliver medication**
- D. To remove toxins

The primary function of a hypodermic needle is to deliver medication. This is achieved by puncturing the skin and allowing substances, such as vaccines or other pharmaceuticals, to be injected directly into the body, typically into muscle or subcutaneous tissue. Hypodermic needles are designed specifically for this purpose, facilitating the safe and effective administration of various treatments. While hypodermic needles can be used for extracting blood or other procedures, such as intravenous therapies or blood draws, their main and most common use in clinical practice is for injecting medication. In situations where medication delivery is essential, such as in emergency medicine or vaccinations, the hypodermic needle's design allows for precise control and minimal discomfort for the patient. Removing toxins or administering food are not typical functions of a hypodermic needle. Medications can sometimes help manage toxins, but the needle itself is not specifically intended for that purpose. Instead, it focuses solely on the delivery of medications, highlighting its critical role in medical practice for effective patient care.

# Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://cmanationalcredential.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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