

# Commission for Case Manager Certification (CCMC) Practice Exam (Sample)

## Study Guide



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

**This is a sample study guide. To access the full version with hundreds of questions,**

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# 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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## 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.**

## 7. Use Other Tools

**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!**

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## **Questions**

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- 1. What hematocrit percentage must be exceeded for Medicare to cover home oxygen due to erythrocythemia?**
  - A. 52%
  - B. 54%
  - C. 56%
  - D. 58%
- 2. Which act established a statutory workers' compensation system for certain maritime workers?**
  - A. Occupational Safety and Health Act
  - B. Longshore and Harbor Worker's Compensation Act
  - C. Employment Retirement and Income Security Act
  - D. Fair Labor Standards Act
- 3. What is a critical outcome of effective disease management programs?**
  - A. Increased hospital admissions
  - B. Improved quality of care and reduced costs
  - C. Higher administrative costs
  - D. Enhanced provider-patient relationships
- 4. What conditions does the national pilot program on payment bundling specifically target for preventable Medicare readmissions?**
  - A. Chronic pain and arthritis
  - B. Heart failure, myocardial infarction, and pneumonia
  - C. Diabetes and hypertension
  - D. Cancer and respiratory diseases
- 5. The Affordable Care Act Title 2 Section 2704 created a demonstration project primarily aimed at evaluating what aspect of care?**
  - A. Cost reduction strategies
  - B. Integrated care approaches
  - C. Patient satisfaction levels
  - D. Healthcare workforce development

**6. Which developmental skill is NOT typically associated with the Formal Operational stage?**

- A. Logical reasoning**
- B. Hypothetical thinking**
- C. Concrete thinking**
- D. Abstract reasoning**

**7. If a child is under 21 years old and has a disability, what consideration is made for parental income?**

- A. Parental income is fully considered**
- B. Parental income is doubled**
- C. Parental income is disregarded**
- D. Parental income is partially considered**

**8. Who benefits from the provisions of the Workers' Compensation Act?**

- A. Employers needing liability coverage**
- B. Injured workers requiring protection**
- C. Government agencies overseeing labor**
- D. Insurance companies providing health plans**

**9. What does Integrated Case Management emphasize?**

- A. Maximizing patient medication adherence**
- B. Individual therapy sessions**
- C. Managing populations and monitoring quality**
- D. Conducting patient satisfaction surveys**

**10. The Balanced Budget Act, enacted in 1977, is known for which of the following?**

- A. Establishing a complaint process for health care providers**
- B. Introducing the Medicare Advantage Plan**
- C. Providing prescription drug coverage for seniors**
- D. Legislating mental health parity**

## **Answers**

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

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## **Explanations**

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**1. What hematocrit percentage must be exceeded for Medicare to cover home oxygen due to erythrocythemia?**

- A. 52%**
- B. 54%**
- C. 56%**
- D. 58%**

Medicare guidelines specify a hematocrit percentage that must be met or exceeded for coverage of home oxygen therapy in cases of erythrocythemia, a condition characterized by an increased number of red blood cells. The correct answer indicates that a hematocrit level of 56% or higher is necessary to qualify for this coverage. This criterion is based on the understanding that elevated hematocrit levels can indicate a risk of complications related to poor oxygen delivery to tissues. In the context of chronic lung disease or other respiratory conditions, the body may produce more red blood cells to compensate for low oxygen levels, which can lead to increased blood viscosity and related health issues. Therefore, Medicare sets this threshold to ensure that only patients with significant erythrocythemia, who are at risk of complications from their condition, qualify for assistance with oxygen therapy. The specified hematocrit level is based on research and clinical guidelines that assess when supplemental oxygen is medically necessary, ensuring that the coverage focuses on patients who genuinely require intervention to improve their oxygenation and overall health.

**2. Which act established a statutory workers' compensation system for certain maritime workers?**

- A. Occupational Safety and Health Act**
- B. Longshore and Harbor Worker's Compensation Act**
- C. Employment Retirement and Income Security Act**
- D. Fair Labor Standards Act**

The Longshore and Harbor Workers' Compensation Act is the legislation that established a statutory workers' compensation system specifically for maritime workers, particularly those engaged in loading and unloading ships, as well as workers at docks and harbors. This act was enacted to provide coverage for disability and medical benefits to workers who suffer job-related injuries and illnesses in maritime industries that do not fall under traditional workers' compensation systems available in states. The unique nature of maritime work often involves risks that aren't adequately addressed by state workers' compensation laws, which is why the Longshore and Harbor Workers' Compensation Act was necessary. It fills the gap by ensuring that maritime workers have access to benefits for injuries sustained in their work environment, offering a system that addresses the threats and challenges specific to this profession. In contrast, the Occupational Safety and Health Act addresses workplace safety and health standards but does not specifically focus on workers' compensation. The Employee Retirement and Income Security Act pertains to pension and health plans, and the Fair Labor Standards Act regulates minimum wage and overtime pay, none of which establish a workers' compensation system for maritime workers. Therefore, the Longshore and Harbor Workers' Compensation Act is the appropriate and targeted piece of legislation in this context.

### **3. What is a critical outcome of effective disease management programs?**

- A. Increased hospital admissions**
- B. Improved quality of care and reduced costs**
- C. Higher administrative costs**
- D. Enhanced provider-patient relationships**

The critical outcome of effective disease management programs is improved quality of care and reduced costs. These programs are designed to help patients manage chronic conditions through coordinated care, education, and support. By focusing on evidence-based practices and preventive measures, these programs can lead to better health outcomes. As a result, patients often experience fewer complications and hospitalizations, which contributes to a decrease in overall healthcare costs. Additionally, the emphasis on quality improvement not only enhances patient satisfaction and health outcomes but also optimizes resource utilization within the healthcare system. By managing diseases more effectively, resources are allocated more efficiently, ultimately leading to reduced expenditures without compromising care quality. This outcome aligns with the overall goals of healthcare reform initiatives that seek to enhance patient care while controlling costs.

### **4. What conditions does the national pilot program on payment bundling specifically target for preventable Medicare readmissions?**

- A. Chronic pain and arthritis**
- B. Heart failure, myocardial infarction, and pneumonia**
- C. Diabetes and hypertension**
- D. Cancer and respiratory diseases**

The national pilot program on payment bundling specifically targets conditions that contribute significantly to preventable readmissions in Medicare patients. Heart failure, myocardial infarction, and pneumonia are among the top causes of hospital readmissions, which is why they are the focus of this initiative. The program aims to enhance care coordination and improve patient outcomes for these specific conditions by financially incentivizing hospitals to provide more holistic and continuous care during and after a hospital stay. By concentrating on these high-readmission conditions, the program seeks to reduce unnecessary hospitalizations, ultimately leading to improved patient health and reduced healthcare costs. This targeted approach reflects the recognition that managing these conditions effectively can significantly decrease the likelihood of readmission.

**5. The Affordable Care Act Title 2 Section 2704 created a demonstration project primarily aimed at evaluating what aspect of care?**

- A. Cost reduction strategies**
- B. Integrated care approaches**
- C. Patient satisfaction levels**
- D. Healthcare workforce development**

The demonstration project established under Title 2 Section 2704 of the Affordable Care Act primarily focused on evaluating integrated care approaches. This section of the ACA was designed to enhance the coordination of healthcare services for patients, particularly those with complex medical needs. Integrated care aims to combine various healthcare services and providers to improve patient outcomes, streamline care delivery, and eliminate unnecessary duplication of services. By assessing integrated care approaches, the project sought to determine how effectively these methods could enhance patient management, promote better health outcomes, and ultimately create a more efficient healthcare system. Integrating physical and mental health services, as well as coordinating between different specialties, plays a crucial role in managing chronic diseases and improving overall care quality for patients. Therefore, the choice of integrated care approaches aligns with the objectives of enhancing care delivery and patient health outcomes as outlined in the Affordable Care Act.

**6. Which developmental skill is NOT typically associated with the Formal Operational stage?**

- A. Logical reasoning**
- B. Hypothetical thinking**
- C. Concrete thinking**
- D. Abstract reasoning**

The correct answer is that concrete thinking is not typically associated with the Formal Operational stage. The Formal Operational stage, as defined by Jean Piaget, typically begins around age 11 and is characterized by the ability to think logically about abstract concepts. During this stage, individuals develop skills such as logical reasoning, hypothetical thinking, and abstract reasoning. They can formulate and test hypotheses, manipulate ideas in their minds, and think systematically about various scenarios. In contrast, concrete thinking is a hallmark of the earlier stages of cognitive development, particularly the Concrete Operational stage, where individuals think primarily about tangible objects and experiences rather than abstract concepts. Thus, while logical reasoning, hypothetical thinking, and abstract reasoning are critical features of the Formal Operational stage, concrete thinking aligns with a more limited understanding found in prior developmental stages.

**7. If a child is under 21 years old and has a disability, what consideration is made for parental income?**

- A. Parental income is fully considered**
- B. Parental income is doubled**
- C. Parental income is disregarded**
- D. Parental income is partially considered**

When considering the financial eligibility of a child under 21 with a disability for certain benefits, parental income is generally disregarded. This is because the focus is primarily on the child's individual financial situation rather than that of the parents. The rationale behind this consideration is to ensure that eligibility for support is not unduly affected or limited by the financial circumstances of the family. By disregarding parental income, the system aims to provide financial assistance and resources to children who may have significant care needs and therefore may not have the same earning potential as their non-disabled peers. This allows for more equitable access to benefits and services designed to support children with disabilities.

**8. Who benefits from the provisions of the Workers' Compensation Act?**

- A. Employers needing liability coverage**
- B. Injured workers requiring protection**
- C. Government agencies overseeing labor**
- D. Insurance companies providing health plans**

The provisions of the Workers' Compensation Act are primarily designed to benefit injured workers. This legislation provides essential protections and financial support for employees who suffer injuries or illnesses as a result of their work. It ensures that these workers receive reimbursement for medical expenses, disability payments, and other benefits that assist them in their recovery and return to work. By establishing a no-fault system, the Act allows injured workers to receive compensation without having to prove negligence on the part of their employer. This statutory protection fosters a safer work environment and encourages accountability while providing peace of mind to employees that they will receive support in times of injury or illness related to their employment. The focus on workers' rights and welfare is a fundamental aspect of the Workers' Compensation Act, making it clear that the core beneficiaries of this legislation are the workers themselves.

## 9. What does Integrated Case Management emphasize?

- A. Maximizing patient medication adherence**
- B. Individual therapy sessions**
- C. Managing populations and monitoring quality**
- D. Conducting patient satisfaction surveys**

Integrated Case Management emphasizes managing populations and monitoring quality, which is crucial for ensuring that health care services are effectively tailored to meet the needs of diverse patient groups. This approach focuses on a holistic view of patient care, incorporating various resources, services, and interventions to optimize health outcomes across a population rather than just addressing individual cases in isolation. By concentrating on overall population health, Integrated Case Management aims to improve the quality of care delivered, reduce healthcare costs, and enhance the efficiency of service provision. It often employs data-driven strategies to identify trends, monitor health indicators, and evaluate the effectiveness of care efforts across different demographics and care settings. This ensures that interventions are directed where they are needed most, fostering better health management and quality of life for the community as a whole.

## 10. The Balanced Budget Act, enacted in 1977, is known for which of the following?

- A. Establishing a complaint process for health care providers**
- B. Introducing the Medicare Advantage Plan**
- C. Providing prescription drug coverage for seniors**
- D. Legislating mental health parity**

The Balanced Budget Act, enacted in 1997, is notably recognized for introducing the Medicare Advantage Plan. This legislation aimed to create a more market-driven approach to Medicare by allowing beneficiaries to receive their Medicare benefits through private health plans, in addition to the traditional fee-for-service program. This option encourages competition among healthcare plans and gives beneficiaries the flexibility to choose plans that may offer additional benefits beyond traditional Medicare coverage. In the context of the other options, while complaints processes for health care providers, prescription drug coverage for seniors, and mental health parity are significant aspects of healthcare legislation, they are attributed to different legislation. For instance, prescription drug coverage for seniors was established later through the Medicare Prescription Drug, Improvement, and Modernization Act of 2003, while mental health parity was addressed in separate laws such as the Mental Health Parity Act of 1996 and the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008. The introduction of Medicare Advantage specifically aligns with the goals and outcomes of the Balanced Budget Act, making it the correct association here.

# 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://cmcc.examzify.com>**

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

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