

# Healthcare Effectiveness Data and Information Set (HEDIS) Practice Test (Sample)

## Study Guide



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

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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. 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. What is the focus of the HEDIS measure "Mental Health and Substance Abuse"?**
  - A. Assessing cultural competency in healthcare**
  - B. Analyzing patient wait times for services**
  - C. Assessing quality of care in treating mental health and substance use disorders**
  - D. Evaluating patient satisfaction with healthcare providers**
  
- 2. Which HEDIS measure evaluates the rate of diabetes screening among adults?**
  - A. Hypertension Treatment measure**
  - B. Diabetes Screening measure**
  - C. Cardiovascular Health measure**
  - D. Preventive Service Utilization measure**
  
- 3. Which HEDIS measure is used to evaluate the management of patients with hypertension?**
  - A. Managing High Blood Pressure measure**
  - B. Controlling High Blood Pressure measure**
  - C. Hypertension Medication Compliance measure**
  - D. Blood Pressure Assessment measure**
  
- 4. The CDC measure tracks which of the following metrics?**
  - A. Emergency visit frequency**
  - B. The percentage of members who received a flu shot**
  - C. A1C, retinal exam, nephropathy attention, and BP control**
  - D. The number of prescriptions filled for hypertension**
  
- 5. Which HEDIS measure focuses on assessing patient engagement in care plans?**
  - A. Patient Satisfaction Surveys**
  - B. Engagement with healthcare providers and care plan adherence**
  - C. Quality of Preventive Services**
  - D. Access to Care Measures**

- 6. What does the HEDIS "Childhood BMI Assessment" evaluate?**
- A. The physical activity levels of children**
  - B. The tracking of body mass index in children to assess obesity risk**
  - C. The frequency of children's dietary habits**
  - D. The overall health screenings for children**
- 7. What is the significance of capturing BMI percentage in patient notes for the WCC measure?**
- A. It provides a record of weight loss**
  - B. It helps assess potential health risks related to obesity**
  - C. It is required for regulatory compliance**
  - D. It is optional information for patient care**
- 8. What is emphasized in the HEDIS "Care Coordination" measures?**
- A. The overall cost of care delivery**
  - B. The effectiveness of communication and transitions between care settings**
  - C. The distribution of healthcare providers**
  - D. The satisfaction of patients with coordinated services**
- 9. Which HEDIS measure tracks follow-up care after hospitalization for mental health issues?**
- A. Adolescent Depression Screening measure**
  - B. Follow-Up After Hospitalization for Mental Illness measure**
  - C. Comprehensive Mental Health Care measure**
  - D. Behavioral Health Utilization measure**
- 10. What defines "representative blood pressure" in HEDIS?**
- A. The lowest BP reading over a year**
  - B. The average BP readings from multiple years**
  - C. The most recent BP reading during a measurement year post-hypertension diagnosis**
  - D. A BP reading taken during a hospital stay**

## Answers

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

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## **Explanations**

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**1. What is the focus of the HEDIS measure "Mental Health and Substance Abuse"?**

- A. Assessing cultural competency in healthcare**
- B. Analyzing patient wait times for services**
- C. Assessing quality of care in treating mental health and substance use disorders**
- D. Evaluating patient satisfaction with healthcare providers**

The focus of the HEDIS measure "Mental Health and Substance Abuse" is on assessing the quality of care provided to individuals dealing with mental health and substance use disorders. This measure evaluates how effectively healthcare systems identify, treat, and manage these conditions, ensuring that patients receive appropriate, timely, and comprehensive care. This aspect is crucial because mental health and substance use disorders are significant public health issues, and high-quality care can lead to better health outcomes for affected individuals. Monitoring and improving the quality of this care is essential for enhancing the overall effectiveness of healthcare services related to mental health and substance abuse. In contrast, evaluating cultural competency, analyzing patient wait times, and measuring patient satisfaction, while important in their own right, are not the primary focus of this particular HEDIS measure. Each of those elements plays a role in healthcare quality but does not specifically align with the goals of the measure aimed at mental health and substance abuse treatment.

**2. Which HEDIS measure evaluates the rate of diabetes screening among adults?**

- A. Hypertension Treatment measure**
- B. Diabetes Screening measure**
- C. Cardiovascular Health measure**
- D. Preventive Service Utilization measure**

The Diabetes Screening measure specifically focuses on the evaluation of the rate at which adults are screened for diabetes. This measure is critical as early detection of diabetes can significantly improve health outcomes and allow for timely intervention. The HEDIS framework places strong emphasis on preventive care, and diabetes screening is a fundamental aspect of chronic disease management that helps identify individuals at risk for diabetes complications. In comparison, the other measures mentioned evaluate different aspects of healthcare. The Hypertension Treatment measure centers on the management and treatment of individuals diagnosed with hypertension, while the Cardiovascular Health measure targets factors that affect cardiovascular conditions, such as blood pressure, cholesterol levels, and lifestyle behaviors. The Preventive Service Utilization measure covers a broader range of preventive services beyond just diabetes screening, including vaccinations and other routine checks. By honing in on the specific aspect of diabetes screening, the Diabetes Screening measure plays a crucial role in ensuring healthcare providers are actively working to identify and support patients who may be undiagnosed or at risk for diabetes, thereby promoting better overall health management in the population.

**3. Which HEDIS measure is used to evaluate the management of patients with hypertension?**

- A. Managing High Blood Pressure measure**
- B. Controlling High Blood Pressure measure**
- C. Hypertension Medication Compliance measure**
- D. Blood Pressure Assessment measure**

The Controlling High Blood Pressure measure is focused on assessing the percentage of adults aged 18-85 who had a diagnosis of hypertension and whose blood pressure was adequately controlled during the measurement year. This measure is critical in evaluating healthcare providers' effectiveness in managing patients with hypertension, as it directly correlates to successful treatment outcomes for those individuals. Effective blood pressure management is essential to prevent complications associated with uncontrolled hypertension, such as cardiovascular disease and stroke. By measuring how many patients have their blood pressure within recommended targets, healthcare systems can identify areas for improvement and better allocate resources to improve patient health outcomes. In contrast, other options may cover different aspects of hypertension management but do not specifically assess the control levels of blood pressure in patients. For instance, managing high blood pressure might refer to strategies or interventions employed, while hypertension medication compliance would focus on adherence to prescribed treatment rather than the effectiveness of that treatment. Blood pressure assessments are important but are more about measurement than control. Thus, the Controlling High Blood Pressure measure specifically targets the outcome of hypertension treatment, making it the most relevant option.

**4. The CDC measure tracks which of the following metrics?**

- A. Emergency visit frequency**
- B. The percentage of members who received a flu shot**
- C. A1C, retinal exam, nephropathy attention, and BP control**
- D. The number of prescriptions filled for hypertension**

The Centers for Disease Control and Prevention (CDC) measure primarily focuses on comprehensive metrics related to diabetes management, which includes A1C testing, retinal exams to assess eye health, nephropathy attention to monitor kidney function, and blood pressure (BP) control. These components are critical indicators of how well individuals with diabetes are managing their condition and receiving necessary preventive and monitoring services. Monitoring A1C levels helps to determine blood sugar control over time, while retinal exams are essential for preventing vision loss due to diabetes-related complications. Nephropathy attention is important for recognizing and managing kidney issues, and maintaining proper blood pressure is crucial in reducing cardiovascular risks associated with diabetes. The other options, while related to health metrics, do not align with the specific focus of the CDC measure as comprehensively as option C does. Emergency visit frequency addresses a different area of healthcare utilization, the percentage of members who received a flu shot pertains to vaccination rates, and the number of prescriptions filled for hypertension falls outside the specific diabetes management indicators tracked by the CDC measure. Thus, the focus on these four diabetes-related metrics makes option C the most relevant choice.

**5. Which HEDIS measure focuses on assessing patient engagement in care plans?**

- A. Patient Satisfaction Surveys**
- B. Engagement with healthcare providers and care plan adherence**
- C. Quality of Preventive Services**
- D. Access to Care Measures**

The measure that focuses on assessing patient engagement in care plans is centered around the active participation of patients in their own healthcare. Engagement with healthcare providers and care plan adherence directly evaluates how well patients are involved in their treatment processes, including how effectively they follow the care plans that have been developed in collaboration with their healthcare teams. This measure emphasizes the importance of patient-provider communication, shared decision-making, and the patients' responsibilities in managing their health, which all contribute to better health outcomes. In contrast, patient satisfaction surveys, while informative about the patients' perceptions of care, do not specifically measure their active engagement in care plans. Quality of preventive services focuses more on the implementation and effectiveness of preventive measures rather than engagement in care plans. Access to care measures assesses how easily patients can obtain the healthcare services they need, but it doesn't directly relate to their involvement in care planning. Thus, engagement with healthcare providers and adherence to care plans is the most relevant measure for assessing patient engagement in their healthcare management.

**6. What does the HEDIS "Childhood BMI Assessment" evaluate?**

- A. The physical activity levels of children**
- B. The tracking of body mass index in children to assess obesity risk**
- C. The frequency of children's dietary habits**
- D. The overall health screenings for children**

The "Childhood BMI Assessment" in HEDIS specifically evaluates the tracking of body mass index (BMI) in children as a means to assess the risk of obesity. This measure focuses on obtaining BMI data to understand a child's weight status in relation to their height, which is an important indicator of potential health issues associated with obesity, such as diabetes, hypertension, and other metabolic syndromes. By monitoring BMI in children, healthcare providers can identify those at risk and implement strategies to address weight management and promote healthier lifestyles. This focus on BMI measurement is crucial for early intervention and prevention of obesity-related health problems in pediatric populations.

**7. What is the significance of capturing BMI percentage in patient notes for the WCC measure?**

- A. It provides a record of weight loss**
- B. It helps assess potential health risks related to obesity**
- C. It is required for regulatory compliance**
- D. It is optional information for patient care**

Capturing the Body Mass Index (BMI) percentage in patient notes is crucial for assessing potential health risks related to obesity. BMI is a widely recognized metric that helps healthcare providers understand whether a patient is underweight, at a healthy weight, overweight, or obese. Understanding where a patient falls on this spectrum allows providers to evaluate related health risks, such as diabetes, heart disease, hypertension, and other obesity-associated conditions. Monitoring BMI as part of the Well-Child Care (WCC) measure encourages preventive care and timely interventions. It enables healthcare professionals to track changes in a patient's weight status over time, guiding personalized treatment plans and counseling aimed at improving overall health outcomes. Thus, the emphasis on capturing BMI aligns with broader public health goals of preventing obesity and its complications, making it a vital component of comprehensive patient care.

**8. What is emphasized in the HEDIS "Care Coordination" measures?**

- A. The overall cost of care delivery**
- B. The effectiveness of communication and transitions between care settings**
- C. The distribution of healthcare providers**
- D. The satisfaction of patients with coordinated services**

The emphasis on the effectiveness of communication and transitions between care settings in the HEDIS "Care Coordination" measures is crucial for ensuring that patients receive continuous and comprehensive care. This focus highlights the importance of clear and efficient communication among healthcare providers, as well as the need for seamless transitions when a patient moves from one care setting to another, such as from a hospital to home care or to a specialist. Effective communication minimizes the risk of misunderstandings that could lead to gaps in care, duplication of tests, or inconsistencies in treatment plans. By measuring the effectiveness of these transitions, HEDIS aims to improve patient outcomes, enhance patient safety, and optimize the overall healthcare experience. Additionally, a well-coordinated care approach can lead to reduced readmission rates and better management of chronic conditions, which are vital goals in healthcare quality improvement. In contrast, while other options touch on relevant aspects of healthcare delivery, they do not specifically capture the essence of what is prioritized in the HEDIS Care Coordination measures. For instance, the overall cost of care delivery and patient satisfaction with coordinated services play roles in healthcare quality but do not directly assess the effectiveness of communication and transitions. Similarly, the distribution of healthcare providers is an important consideration for access but is not the

**9. Which HEDIS measure tracks follow-up care after hospitalization for mental health issues?**

- A. Adolescent Depression Screening measure**
- B. Follow-Up After Hospitalization for Mental Illness measure**
- C. Comprehensive Mental Health Care measure**
- D. Behavioral Health Utilization measure**

The Follow-Up After Hospitalization for Mental Illness measure is specifically designed to assess the effectiveness of follow-up care for patients who have been discharged from a mental health hospital. This measure evaluates whether patients receive appropriate follow-up within a specified timeframe after hospitalization, which is critical for ensuring continuity of care and reducing the likelihood of readmission. This measure is significant because timely follow-up can help address ongoing mental health issues and facilitate recovery, ultimately improving patient outcomes. It emphasizes the importance of ongoing support after an episode of acute care, recognizing that mental health conditions often require careful management and follow-up to prevent deterioration. In contrast, the other options focus on different aspects of mental health care. The Adolescent Depression Screening measure relates specifically to the screening of depression in adolescents, while the Comprehensive Mental Health Care measure looks at broader aspects of mental health service delivery. The Behavioral Health Utilization measure monitors the utilization patterns of various behavioral health services without centering specifically on post-hospitalization follow-up care.

**10. What defines "representative blood pressure" in HEDIS?**

- A. The lowest BP reading over a year**
- B. The average BP readings from multiple years**
- C. The most recent BP reading during a measurement year post-hypertension diagnosis**
- D. A BP reading taken during a hospital stay**

The concept of "representative blood pressure" in HEDIS focuses on obtaining the most accurate and relevant measure of a patient's blood pressure during the specified measurement period. This is defined as the most recent blood pressure reading obtained during the measurement year after a diagnosis of hypertension. Using the most recent BP reading post-hypertension diagnosis ensures that the assessment reflects the current state of the patient's condition, accounting for any changes in their health status or treatment responses. This is crucial for quality measurement and improvement within the healthcare system, as timely data can significantly impact clinical decision-making and patient management. Other options diverge from this standard. The lowest BP reading over a year may not accurately represent the ongoing status of hypertension, as it could overlook important fluctuations in blood pressure that may occur. Averaging BP readings over multiple years does not consider the most up-to-date information, which is essential for effective management of hypertension. A BP reading taken during a hospital stay could be influenced by acute conditions or stress, making it less indicative of typical blood pressure control in the outpatient setting. By prioritizing the most recent reading after diagnosis, HEDIS ensures that the measures are both timely and relevant, facilitating improved healthcare delivery.

## 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:**

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

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