

# HISTORY & EDUCATION OF HEALTH CARE, HEALTH CARE FACILITIES, AGENCIES & INSURANCES PRACTICE TEST (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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# Table of Contents

|                             |    |
|-----------------------------|----|
| Copyright .....             | 1  |
| Table of Contents .....     | 2  |
| Introduction .....          | 3  |
| How to Use This Guide ..... | 4  |
| Questions .....             | 5  |
| Answers .....               | 8  |
| Explanations .....          | 10 |
| Next Steps .....            | 15 |

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. A large cohort born between 1946 and 1964 is called a \_\_\_\_\_.
  - A. Generation X
  - B. Baby Boomer
  - C. Millennial
  - D. Silent Generation
2. The barber pole originated as what?
  - A. A symbol of medical knowledge
  - B. A decorative street pole
  - C. A flagpole for the guild
  - D. A pole to hang bandages
3. What does EHR stand for?
  - A. Electronic Health File.
  - B. Electronic Health Registry.
  - C. Electronic Record for Hospitals.
  - D. Electronic Health Record.
4. What is the current name of the organization historically known as JCAHO?
  - A. The Joint Commission on Accreditation of Healthcare Organizations.
  - B. The Joint Commission for Accreditation Health Care.
  - C. The Joint Commission on Accreditation and Health.
  - D. The Joint Commission.
5. Which of the following is an example of a nonprofit volunteer health organization?
  - A. American Heart Association
  - B. American Red Cross
  - C. American Lung Association
  - D. National Cancer Institute

- 6. Which statement best summarizes the overall goals of the ACA?**
- A. Expand health insurance coverage, improve quality and access, and reduce health care costs.
  - B. The ACA eliminates private insurance and creates a single government plan.
  - C. The ACA focuses only on hospital infrastructure expansion.
  - D. The ACA reduces the workforce in health care.
- 7. Which statement is NOT true about Point-of-Service (POS) plans?**
- A. They combine gatekeeping with some out-of-network coverage.
  - B. They are typically more expensive than a pure HMO.
  - C. They have no gatekeeping and strictly in-network coverage.
  - D. They are distinct from a PPO because gatekeeping exists but some out-of-network coverage is allowed.
- 8. Religious principles led to the founding of many hospitals and monasteries where the sick were treated during which period?**
- A. Renaissance
  - B. Middle Ages
  - C. Industrial Revolution
  - D. Ancient Times
- 9. What is the term for the periodic payment made on an insurance policy?**
- A. The cost of coverage
  - B. A fee charged for adding beneficiaries
  - C. The periodic payment made on an insurance policy
  - D. The policy's maximum payout
- 10. Which term means a disease-causing microorganism?**
- A. Asepsis
  - B. Pathogen
  - C. Monasteries
  - D. Hygiene

## **Answers**

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

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## **Explanations**

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1. A large cohort born between 1946 and 1964 is called a \_\_\_\_\_.

- A. Generation X
- B. Baby Boomer**
- C. Millennial
- D. Silent Generation

*Generational cohorts are groups defined by birth years that share similar social and cultural experiences because of the era they grew up in. After World War II, there was a notable surge in births, creating a much larger group of people born from the mid-1940s into the early 1960s. This distinct, large group is known as the Baby Boomer generation. The years 1946 to 1964 line up with this postwar baby boom, which is why this label fits best. For reference, Generation X follows Baby Boomers (roughly mid-1960s onward), Millennials come after (early 1980s to mid-1990s or early 2000s), and the Silent Generation includes those born earlier, roughly 1920s to mid-1940s.*

2. The barber pole originated as what?

- A. A symbol of medical knowledge
- B. A decorative street pole
- C. A flagpole for the guild
- D. A pole to hang bandages**

*The barber pole traces back to when barbers also performed medical procedures, especially bloodletting. Shops would display a vertical pole with cloth bandages associated with those procedures. Red represented blood and white represented the bandages, so the pole became a visible sign that medical services—performed by barber-surgeons—were offered inside. The rotating red-and-white stripes are a visual cue of that history, and over time it evolved into the familiar sign of a barber shop. Other ideas miss this practical origin: it isn't simply a symbol of medical knowledge, a decorative street pole, or a guild flag, but a sign rooted in the old practice of hanging bandages during medical treatments.*

3. What does EHR stand for?

- A. Electronic Health File.
- B. Electronic Health Registry.
- C. Electronic Record for Hospitals.
- D. Electronic Health Record.**

*The main concept here is recognizing the standard term used for a patient's digital health information. An electronic health record is the comprehensive digital version of a patient's chart that stays with the patient and is designed to be shared across different clinicians and care settings. It holds essential information like medications, allergies, diagnoses, lab results, imaging, immunizations, and care plans, making it easier for providers to view up-to-date data and coordinate care. The other terms aren't standard in health IT: "Electronic Health File" isn't a recognized term; "Electronic Health Registry" implies a database for surveillance or research rather than the patient's ongoing chart; and "Electronic Record for Hospitals" narrows the concept to a single setting and doesn't capture the portable, interoperable aspect of modern records. So the correct designation is Electronic Health Record.*

**4. What is the current name of the organization historically known as JCAHO?**

- A. The Joint Commission on Accreditation of Healthcare Organizations.
- B. The Joint Commission for Accreditation Health Care.
- C. The Joint Commission on Accreditation and Health.**
- D. The Joint Commission.

*The current name is The Joint Commission. Historically, this organization was known as the Joint Commission on Accreditation of Healthcare Organizations, abbreviated JCAHO. In the mid-2000s they adopted a simplified brand to reflect a broader scope beyond hospitals, so the official name now is The Joint Commission. You may still see the acronym JCAHO in older materials, but it's not the current name.*

**5. Which of the following is an example of a nonprofit volunteer health organization?**

- A. American Heart Association
- B. American Red Cross
- C. American Lung Association**
- D. National Cancer Institute

*Nonprofit health organizations often rely on volunteers to carry out education, screening, advocacy, and support programs in communities. The American Lung Association fits this pattern as a national nonprofit focused on lung health that uses local chapters and many volunteers to run smoking-cessation programs, air-quality campaigns, fundraising events, and health education. These volunteer-driven activities are central to how it delivers its mission. The National Cancer Institute is a government agency within the NIH, not a nonprofit or a volunteer-supported organization. The American Heart Association also operates as a nonprofit health organization with volunteers, but the Lung Association is a clear example of a group built around mobilizing volunteers specifically to advance health outcomes related to a condition, which is why it is the best match here.*

**6. Which statement best summarizes the overall goals of the ACA?**

- A. Expand health insurance coverage, improve quality and access, and reduce health care costs.**
- B. The ACA eliminates private insurance and creates a single government plan.
- C. The ACA focuses only on hospital infrastructure expansion.
- D. The ACA reduces the workforce in health care.

*The main idea being tested is the ACA's broad aims to expand coverage, improve quality and access, and reduce costs across the health system. The law broadened who can get insured through Medicaid expansion and health insurance marketplaces with subsidies, while also providing protections like coverage for pre-existing conditions and allowing young people to stay on parental plans. It also targets quality and access by promoting preventive care, care coordination, and new payment models that reward value over volume. For costs, it aims to slow the growth of spending through efficiency measures and the shift toward value-based care. The other statements don't fit because the ACA did not seek to eliminate private insurance or create a single government plan, it isn't only about hospital infrastructure, and it does not aim to reduce the healthcare workforce.*

## 7. Which statement is NOT true about Point-of-Service (POS) plans?

- A. They combine gatekeeping with some out-of-network coverage.
- B. They are typically more expensive than a pure HMO.
- C. They have no gatekeeping and strictly in-network coverage.**
- D. They are distinct from a PPO because gatekeeping exists but some out-of-network coverage is allowed.

*Point-of-Service plans blend features of HMOs and PPOs. They require you to choose a primary care physician who acts as a gatekeeper, meaning you usually need referrals to see specialists. They also offer some coverage for care received out of network, though at higher out-of-pocket costs than in-network care. Because of this combination, POS plans are typically more expensive than a pure HMO, yet they provide more flexibility than a PPO. The statement that describes having no gatekeeping and strictly in-network coverage doesn't fit POS plans, since gatekeeping is a core part of how they operate and some out-of-network coverage is allowed.*

## 8. Religious principles led to the founding of many hospitals and monasteries where the sick were treated during which period?

- A. Renaissance
- B. Middle Ages**
- C. Industrial Revolution
- D. Ancient Times

*The period is the Middle Ages. During this time, Christian religious principles emphasized charity and service to the sick as a religious duty. Monastic communities and orders organized care for travelers, pilgrims, and the ill, turning monasteries into centers of hospitality and healing. In this setting, hospitals often grew up attached to churches or monasteries and were run by monks or nuns who provided shelter, food, and medical care. This approach created an organized system of care in Western Europe that set the stage for future hospital development. By contrast, later periods like the Renaissance moved toward secular scholarship, the Industrial Revolution expanded hospitals as broader institutions, and Ancient Times saw care primarily in temples or within families rather than through monastic hospital networks.*

## 9. What is the term for the periodic payment made on an insurance policy?

- A. The cost of coverage
- B. A fee charged for adding beneficiaries
- C. The periodic payment made on an insurance policy**
- D. The policy's maximum payout

*The periodical payment made to keep an insurance policy active is called the premium. This is the price you pay to obtain and maintain coverage, typically due at regular intervals such as monthly, quarterly, semiannually, or annually. The premium funds the insurer to cover claims and administrative costs, and its amount can vary based on factors like risk, coverage limits, and deductibles. The other options refer to related ideas but aren't the standard term: one describes the cost of coverage in general, another points to a fee for adding beneficiaries (a rider or endorsement), and the last refers to the policy's maximum payout, not a payment.*

**10. Which term means a disease-causing microorganism?**

- A. Asepsis
- B. Pathogen**
- C. Monasteries
- D. Hygiene

*In healthcare language, we distinguish organisms by whether they cause illness. A pathogen is any microorganism—such as bacteria, viruses, fungi, or parasites—that can cause disease in a host. That makes it the precise term for a disease-causing agent, which is why it's the best answer. Asepsis, on the other hand, refers to the practices and conditions that prevent infection by keeping environments and instruments free of pathogens. Hygiene describes cleanliness and actions that reduce the spread or risk of infection. Monasteries are unrelated to this topic; they're not a term used for disease agents. So the disease-causing microorganism is a pathogen.*

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## 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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