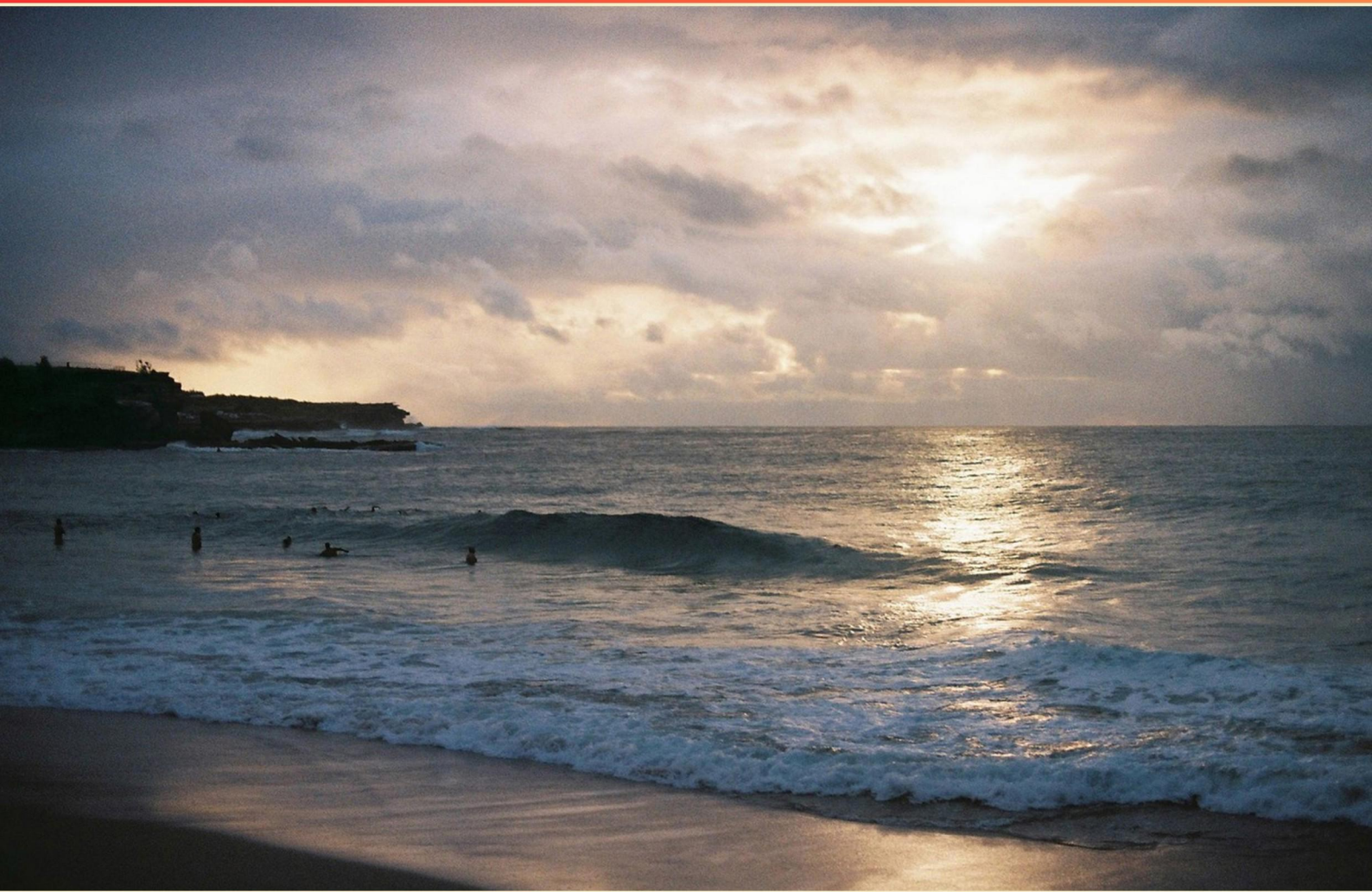


HMS HEALTH IN AN AUSTRALIAN AND GLOBAL CONTEXT PRACTICE TEST (SAMPLE) STUDY GUIDE



Prepare with structure. Pass with confidence



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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

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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 impact of big data on healthcare systems?

- A. It makes care more reactive.
- B. It reduces data-driven decisions.
- C. It increases generic treatment approaches.
- D. It shifts the system from reactive to proactive, data-driven care, enabling personalized treatment and improving chronic disease management.

2. Which of the following is a challenge of private health insurance?

- A. Low premiums
- B. Confusing policies
- C. More value for young people
- D. No coverage for chronic disease

3. What is the Medicare Levy Surcharge?

- A. An extra tax for high-income earners without private cover
- B. A discount on Medicare for low-income families
- C. A cap on private health insurance premiums
- D. A government grant for hospitals

4. Which statement best describes the impact of SDG 4 on health?

- A. It reduces hospital overcrowding.
- B. It lowers overall healthcare costs.
- C. It improves health literacy and decision-making.
- D. It improves health literacy and decision-making, increases employment opportunities, and benefits women and girls.

5. Which statement best defines a modifiable risk factor?

- A. A risk factor that cannot be changed.
- B. A risk factor tied to age.
- C. A risk factor that can be changed, such as diet and physical activity.
- D. A risk factor determined by genetics.

- 6. What is the prevalence of cancer in Australia in 2022?**
- A. 1 in 10 Australians (10%)
 - B. 1 in 25 Australians (4%)
 - C. 1 in 100 Australians (1%)
 - D. 1 in 50 Australians (1.8%)
- 7. What is a significant health risk associated with outdoor lifestyles?**
- A. Increased risk of asthma due to pollen exposure
 - B. Noise-induced hearing loss
 - C. High melanoma risk due to sun exposure
 - D. Vitamin D deficiency
- 8. Which pair represents the leading causes of death for people aged 65 and older?**
- A. Stroke and diabetes
 - B. Cancer and COPD
 - C. Dementia and coronary heart disease
 - D. Influenza and pneumonia
- 9. Which statement best describes the use of predictive modeling with big data?**
- A. Reducing data collection.
 - B. Identifying high-risk patients early to enable targeted interventions.
 - C. Eliminating analytics.
 - D. Replacing clinicians with data alone.
- 10. What is acupuncture?**
- A. Involves inserting fine needles to balance energy and relieve pain
 - B. Uses herbs for chronic conditions
 - C. A form of exercise therapy
 - D. Only used in traditional Chinese medicine

Answers

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

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Explanations

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1. What is the impact of big data on healthcare systems?

- A. It makes care more reactive.
- B. It reduces data-driven decisions.
- C. It increases generic treatment approaches.
- D. It shifts the system from reactive to proactive, data-driven care, enabling personalized treatment and improving chronic disease management.**

Big data in healthcare lets systems collect and analyze huge, varied streams of information—from electronic health records and imaging to wearables and social determinants of health—and turn that data into actionable insights. This enables a shift from waiting for problems to occur to predicting and preventing issues before they escalate. With analytics, clinicians can tailor treatments to an individual's unique profile, adjusting plans in real time and improving chronic disease management through continuous monitoring and timely interventions. The overall effect is a move toward proactive, data-driven care that can enhance outcomes and use resources more efficiently. The other descriptions don't capture this transformation: care wouldn't become more reactive, data-driven decisions wouldn't be reduced, and treatment wouldn't become more generic when the data supports personalization and precision.

2. Which of the following is a challenge of private health insurance?

- A. Low premiums
- B. Confusing policies**
- C. More value for young people
- D. No coverage for chronic disease

The main idea is that private health insurance is often hard to compare because policy terms are complex and vary a lot. Policies differ in what they cover, exclude, or cap, and the wording can be dense and marketing-driven. You may encounter different levels of hospital cover and extras (like dental or physio), waiting periods for pre-existing conditions or new policies, co-pays or excess amounts, annual limits, and rules about how pre-existing conditions are treated. All of this makes it easy to end up with a plan that doesn't match your needs or leaves you with unexpected costs when you actually need care. That confusion and lack of clear apples-to-apples comparison is why confusing policies is the best answer. The other options don't reflect a widespread, inherent challenge: low premiums can be attractive and aren't themselves a fundamental drawback, and private plans don't universally offer more value for young people or entirely exclude chronic disease—there are often limits and waiting periods, but coverage for chronic conditions exists in many policies.

3. What is the Medicare Levy Surcharge?

- A. An extra tax for high-income earners without private cover**
- B. A discount on Medicare for low-income families
- C. A cap on private health insurance premiums
- D. A government grant for hospitals

The Medicare Levy Surcharge is an extra tax for higher income Australians who do not have private hospital cover. It's designed to encourage people with higher incomes to take out private health insurance, easing demand on the public hospital system. It's charged in addition to the standard Medicare Levy, and the rate scales with income and family situation, usually ranging around 1% to 1.5% of taxable income. If you earn above the set thresholds and don't hold adequate private hospital cover, you pay this surcharge; having private cover generally means you won't pay it. It's not a discount, not a cap on private premiums, and not a government grant.

4. Which statement best describes the impact of SDG 4 on health?

- A. It reduces hospital overcrowding.
- B. It lowers overall healthcare costs.
- C. It improves health literacy and decision-making.
- D. It improves health literacy and decision-making, increases employment opportunities, and benefits women and girls.**

The impact of education on health outcomes is what this question is getting at. SDG 4 aims for quality, inclusive education for all and lifelong learning, and that education shapes health in several powerful ways. When people are educated, they develop higher health literacy—better understanding of health information, medicine, and when to seek care—which leads to smarter decisions about prevention, screening, and treatment. Education also expands employment opportunities, giving individuals the means to afford care, maintain stable living conditions, and access health services more reliably. For women and girls, education brings benefits that ripple through families and communities, including improved maternal and child health and greater autonomy in health choices. Because of these overlapping effects, the statement that best describes the impact is that SDG 4 improves health literacy and decision-making, increases employment opportunities, and benefits women and girls. The other options are narrower or miss the broader social and economic ripple effects that education has on health.

5. Which statement best defines a modifiable risk factor?

- A. A risk factor that cannot be changed.
- B. A risk factor tied to age.
- C. A risk factor that can be changed, such as diet and physical activity.**
- D. A risk factor determined by genetics.

A modifiable risk factor is something you can change through your choices, environment, or medical management to reduce health risk. This is precisely what the statement describes when it says the risk factor can be changed, with examples like diet and physical activity. In health prevention, focusing on modifiable factors is key because teams can design interventions—improving diet, increasing exercise, reducing smoking, managing blood pressure—to lower disease risk. The other ideas refer to factors you can't alter. Being linked to age is not something you can change, and genetics represents inherited risk that isn't directly changeable. So, while age and genetics influence overall risk, only the statement about changeable factors such as diet and physical activity fits the concept of a modifiable risk factor.

6. What is the prevalence of cancer in Australia in 2022?

- A. 1 in 10 Australians (10%)
- B. 1 in 25 Australians (4%)
- C. 1 in 100 Australians (1%)
- D. 1 in 50 Australians (1.8%)**

Prevalence is the proportion of people who are living with cancer at a given moment. In 2022, about 1.8% of Australians were living with cancer, which is roughly 1 in 50 people. This figure results from the balance of new cancers diagnosed and people who survive after diagnosis, so it reflects people currently in the "cancer survivor" pool rather than new cases only. The other options imply much higher or lower fractions than what the data show for that year. Since the observed prevalence is about 1.8%, the statement matching 1 in 50 Australians (1.8%) is the best fit.

7. What is a significant health risk associated with outdoor lifestyles?

- A. Increased risk of asthma due to pollen exposure
- B. Noise-induced hearing loss
- C. High melanoma risk due to sun exposure**
- D. Vitamin D deficiency

Outdoor living increases exposure to ultraviolet radiation from the sun, which raises the risk of melanoma, a serious form of skin cancer. The more time spent in the sun, especially without protection or after sunburns, the higher the cumulative UV exposure and the greater the melanoma risk. This is particularly important in places with high sun intensity, like Australia. While other outdoor-related issues—such as pollen triggering asthma, loud environments causing hearing loss, or vitamin D deficiencies in some individuals—can occur, they do not carry the same broad, well-established connection to outdoor activity as UV-driven melanoma risk. Protective measures like sunscreen, protective clothing, hats, and seeking shade help reduce this risk.

8. Which pair represents the leading causes of death for people aged 65 and older?

- A. Stroke and diabetes
- B. Cancer and COPD
- C. Dementia and coronary heart disease**
- D. Influenza and pneumonia

In older adults, the health threats most likely to cause death cluster around cardiovascular disease and neurodegenerative illness. Coronary heart disease remains the leading cause of death overall, while dementia (including Alzheimer's disease) becomes increasingly prominent with age. This combination best reflects the two biggest mortality drivers for people aged 65 and older. Other conditions like stroke, cancer, COPD, or respiratory infections are significant, but they don't consistently rank as the two top causes in this age group.

9. Which statement best describes the use of predictive modeling with big data?

- A. Reducing data collection.
- B. Identifying high-risk patients early to enable targeted interventions.**
- C. Eliminating analytics.
- D. Replacing clinicians with data alone.

The main idea is that predictive modeling with big data is about forecasting which patients are at higher risk so care can be tailored and delivered before problems worsen. By analyzing large, diverse data—from electronic health records, imaging, wearables, claims, and even social determinants of health—patterns emerge that signal an elevated risk for events like deterioration, readmission, or complications. This lets clinicians target interventions to those who need them most, enabling earlier action and better use of resources. That's why identifying high-risk patients early to enable targeted interventions is the best description. It captures both the predictive aspect (forecasting risk) and the practical goal (timely, focused care). The other statements miss the core purpose: reducing data collection isn't typically the aim of predictive modeling since more comprehensive data often improves accuracy; eliminating analytics contradicts the fundamental process of building and applying models; replacing clinicians with data alone overstates what the technology can do—data supports clinical judgment, it doesn't replace it.

10. What is acupuncture?

A. Involves inserting fine needles to balance energy and relieve pain

B. Uses herbs for chronic conditions

C. A form of exercise therapy

D. Only used in traditional Chinese medicine

Acupuncture involves inserting very fine needles into specific points on the body to influence energy flow and relieve pain. In traditional Chinese medicine, the body is believed to have a vital energy, qi, traveling through channels; stimulating these points aims to balance qi and restore harmony, which is linked to pain relief. In modern terms, needle insertion can activate nerves and trigger the body's natural pain-control systems, helping reduce pain and sometimes other symptoms. This description best fits because it directly describes the use of needles and the goal of balancing energy to relieve pain. Herb use, exercise therapy, or the idea that it's only used in traditional Chinese medicine refer to different modalities or scopes and don't define acupuncture.

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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.

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

<https://hmshealthinausglobalcontext.examzify.com>

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

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