

PROMOTING HEALTH IN AUSTRALIA AOS 2 PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://promotinghealthinausaos2.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

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

SAMPLE

- 1. The Social Model of Health is a conceptual framework that primarily focuses on what?**
 - A. Preventing lifestyle disease in communities with a focus on education, prevention and health promotion strategies
 - B. Diagnostic and surgical treatment of disease
 - C. Individual behavior change only
 - D. Biomedical interventions

- 2. Which statement best describes the Medicare Levy Surcharge?**
 - A. It Provides A Discount On Premiums For Low-Income Earners
 - B. Those On Higher Incomes May Have To Pay The Extra Tax If They Do Not Have A Basic Level Of Private Health Insurance
 - C. It Is A Tax That Applies To All Citizens Regardless Of PHI Status
 - D. It Reduces Medicare Benefits For Seniors

- 3. What is true about PHI usage and premiums?**
 - A. Using PHI more often leads to higher premiums.
 - B. PHI usage has no effect on premium charges.
 - C. Frequent PHI use disqualifies someone from rebates.
 - D. People who use their PHI more often than others do not have to pay an extra premium.

- 4. Which of the following is NOT a funding mechanism for Medicare?**
 - A. The Medicare Levy
 - B. The Medicare Levy Surcharge
 - C. General Taxation Revenue
 - D. The Pharmaceutical Benefits Scheme funds Medicare

- 5. What does private health insurance primarily fund?**
 - A. Funding for ambulance services only
 - B. Funding for private hospitals
 - C. Funding for medical research
 - D. Funding for public hospitals

6. Which statement about DALYs is true?

- A. DALYs are calculated using only life expectancy.
- B. DALYs measure the economic cost of disease.
- C. DALYs ignore years lived with disability.
- D. DALYs combine Years of Life Lost and Years Lived with Disability to measure the overall burden.

7. Which of the following is a policy measure in the social model for lung cancer?

- A. Tobacco tax
- B. CT Scans
- C. Chemotherapy
- D. Surgery

8. Sustainability of the health system refers to?

- A. Maintaining workforce and infrastructure into the future while remaining innovative
- B. Short-term funding for a single year
- C. Reducing funding for PBS
- D. Eliminating private health insurance

9. Define health literacy and why it is important in health promotion.

- A. Memorize medical terminology
- B. Diagnose one's own condition without a clinician
- C. Access, understand, evaluate and use health information to make informed decisions
- D. Enroll in health insurance

10. The social model's focus includes which of the following?

- A. Education, prevention and health promotion strategies to prevent lifestyle diseases in communities
- B. Solely hospital-based care
- C. Exclusive reliance on medications
- D. Ignoring social determinants

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. The Social Model of Health is a conceptual framework that primarily focuses on what?

- A. Preventing lifestyle disease in communities with a focus on education, prevention and health promotion strategies**
- B. Diagnostic and surgical treatment of disease
- C. Individual behavior change only
- D. Biomedical interventions

The Social Model of Health centers on health as something produced by how society is organized, focusing on preventing illness and promoting health across whole communities by addressing the social, economic, and environmental conditions that shape well-being. It emphasizes education, prevention, and health promotion at the community level and through supportive policies, making healthier choices easier and helping reduce inequities. This approach looks beyond treating disease to changing the contexts that lead to ill health—things like income, housing, education, social connections, and access to services. It's not about diagnostic or surgical care, nor is it about relying solely on individual behavior change or biomedical interventions. Therefore, preventing lifestyle diseases in communities with a focus on education, prevention and health promotion strategies is the best description.

2. Which statement best describes the Medicare Levy Surcharge?

- A. It Provides A Discount On Premiums For Low-Income Earners
- B. Those On Higher Incomes May Have To Pay The Extra Tax If They Do Not Have A Basic Level Of Private Health Insurance
- C. It Is A Tax That Applies To All Citizens Regardless Of PHI Status**
- D. It Reduces Medicare Benefits For Seniors

The thing being tested is how the Medicare Levy Surcharge works in Australia. The surcharge is an extra tax charged to higher-income individuals who do not have private hospital insurance. It sits on top of the standard Medicare Levy and is meant to encourage people with higher incomes to take out private health cover, which helps reduce demand on public hospitals. Whether you pay it depends on your income and your private health insurance status: if you earn above the threshold and you don't hold a basic private hospital policy, you'll pay the surcharge; if you do have private cover at the required level, you can avoid it. It's not a universal tax for all citizens, it doesn't provide a discount for low-income earners, and it doesn't reduce Medicare benefits for seniors.

3. What is true about PHI usage and premiums?

- A. Using PHI more often leads to higher premiums.
- B. PHI usage has no effect on premium charges.
- C. Frequent PHI use disqualifies someone from rebates.
- D. People who use their PHI more often than others do not have to pay an extra premium.**

The key idea is that private health insurance premiums are not tied to how often you make claims. The amount you pay each year (the premium) is set when you take out or renew the policy and is based on factors like your age, the level of cover, and other policy terms, not on how frequently you use PHI. So, even if you claim a lot, your base premium doesn't automatically go up just because you use the service more often. You may still face out-of-pocket costs at the time of care (like co-payments or an excess) depending on your plan, but these are separate from the regular premium. Government rebates on PHI are based on income, not on usage, so using PHI more frequently doesn't affect eligibility for rebates. That's why the statement that people who use PHI more often do not have to pay an extra premium is true.

4. Which of the following is NOT a funding mechanism for Medicare?

- A. The Medicare Levy
- B. The Medicare Levy Surcharge
- C. General Taxation Revenue
- D. The Pharmaceutical Benefits Scheme funds Medicare**

Understanding how Medicare is financed helps answer this. In Australia, Medicare is funded mainly through three sources: the Medicare Levy (a levy paid by most taxpayers), the Medicare Levy Surcharge (an additional amount for higher-income earners if they don't hold private health insurance), and general taxation revenue. The Pharmaceutical Benefits Scheme, while closely linked to the public health system and providing subsidised medicines under Medicare, is not a direct funding stream for Medicare itself. It's a separate program that delivers drug subsidies using government funds, but it doesn't fund Medicare's operating costs. So the statement that the Pharmaceutical Benefits Scheme funds Medicare isn't a funding mechanism for Medicare.

5. What does private health insurance primarily fund?

- A. Funding for ambulance services only
- B. Funding for private hospitals**
- C. Funding for medical research
- D. Funding for public hospitals

Private health insurance primarily funds hospital care in private facilities. It is designed to cover the costs of treatment and accommodation when you are treated in a private hospital, giving you access to private rooms, chosen doctors, and potentially shorter waiting times for elective procedures. While some policies also include extras like dental, optical, or physio, and occasionally ambulance cover, these are supplementary and not the main purpose. Public hospitals are funded mainly by government programs and state funding, not private health insurance, and medical research is financed by government bodies and researchers. So the core idea is that private health insurance mainly pays for private hospital care.

6. Which statement about DALYs is true?

- A. DALYs are calculated using only life expectancy.
- B. DALYs measure the economic cost of disease.
- C. DALYs ignore years lived with disability.
- D. DALYs combine Years of Life Lost and Years Lived with Disability to measure the overall burden.**

DALYs measure overall health burden by combining mortality and disability into a single metric. They sum Years of Life Lost due to premature death and Years Lived with Disability. YLL looks at how many years of life are lost when death happens earlier than a standard life expectancy, so younger deaths contribute more to the burden. YLD accounts for time lived with health conditions, weighted by how disabling they are, so more severe conditions add more to the total even if they don't shorten life. When you add these together, you get a single number that reflects both fatal and non-fatal impacts, which helps compare the burden across diseases and populations and guides priority setting in health. For example, a condition that causes early death plus long-term disability adds more to the total burden than one causing only mild symptoms or only death at older ages. So the statement that DALYs combine Years of Life Lost and Years Lived with Disability to measure the overall burden is the best description. The other statements misrepresent DALYs by focusing only on life expectancy, on economic cost, or by saying disability is ignored.

7. Which of the following is a policy measure in the social model for lung cancer?

- A. Tobacco tax**
- B. CT Scans
- C. Chemotherapy
- D. Surgery

The main idea being tested is the difference between social-model and biomedical approaches to health. A policy measure that aims to reduce a risk factor at the population level fits the social model. Tobacco tax changes the environment by making smoking more expensive, which tends to reduce smoking rates across the population and prevent lung cancer before it starts. It's an example of how policy and economic levers shape health outcomes on a broad scale. In contrast, CT scans are screening tools used to detect disease in individuals, while chemotherapy and surgery are treatments used after cancer has developed. These are biomedical, individual-focused interventions rather than population-wide policy actions.

8. Sustainability of the health system refers to?

- A. Maintaining workforce and infrastructure into the future while remaining innovative**
- B. Short-term funding for a single year
- C. Reducing funding for PBS
- D. Eliminating private health insurance

Sustainability of the health system means it can keep delivering high-quality care into the future by preserving the essential capacity to do so. This includes maintaining a stable, skilled workforce and the necessary infrastructure—hospitals, clinics, equipment, digital systems—and continuing to innovate so the system can adapt to new health needs, technologies, and costs over time. Short-term funding for a single year doesn't ensure ongoing services or the ability to plan ahead, so it doesn't capture sustainability. Funding changes like reducing PBS support or eliminating private health insurance affect financial sustainability and access, but they're not the defining idea of keeping the health system capable and innovative for the long term.

9. Define health literacy and why it is important in health promotion.

- A. Memorize medical terminology
- B. Diagnose one's own condition without a clinician
- C. Access, understand, evaluate and use health information to make informed decisions**
- D. Enroll in health insurance

Health literacy is the ability to access, understand, evaluate and use health information to make informed decisions and take actions that affect health. This includes reading or listening to health information, understanding what it means for you, judging how reliable that information is, and applying it to choices about care, medications, and lifestyle. In health promotion, health literacy matters because it helps people engage with preventive services, follow treatment plans, and navigate the health system effectively. When information is clear and easy to understand, individuals can make safer, more informed choices, ask better questions of clinicians, and participate in programs that reduce risks and improve wellbeing. It also supports equity, as clearer, culturally appropriate health information makes it easier for diverse communities to access and use health services. Memorizing terms isn't health literacy, and diagnosing a condition without professional input isn't part of it. Enrolling in health insurance relates to access to care, not the ability to understand and use health information to make decisions.

10. The social model's focus includes which of the following?

- A. Education, prevention and health promotion strategies to prevent lifestyle diseases in communities**
- B. Solely hospital-based care
- C. Exclusive reliance on medications
- D. Ignoring social determinants

The social model of health focuses on how social, economic, and environmental factors shape health outcomes and emphasizes actions to prevent illness, promote health, and strengthen communities. It looks beyond individual biology to address the conditions that influence risk, such as education, housing, income, and access to services. The statement about education, prevention and health promotion strategies to prevent lifestyle diseases in communities fits this approach because it targets population-wide factors and aims to reduce risk through empowerment, early intervention, and supportive environments. It reflects partnering with communities, implementing policies, and creating conditions that enable healthier choices at the group level. Other options sit more with a biomedical approach: hospital-based care centers on treating illness after it occurs, relying on medications as primary tools, or ignoring social determinants. These are contrary to the social model's emphasis on prevention and addressing the broader context that shapes health.

SAMPLE

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://promotinghealthinausaos2.examzify.com>

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

SAMPLE