

# USCG Health Services (HS) SWE Practice Exam (Sample)

## Study Guide



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

**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

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

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. Which color marks damage control and fire protection equipment?**
  - A. Blue**
  - B. Yellow**
  - C. Green**
  - D. Red**
  
- 2. Which pairing correctly matches cholesterol screening intervals with risk category for a 46-year-old woman?**
  - A. High risk: every 3 years; Low risk: every 5 years**
  - B. High risk: every year; Low risk: every 3 years**
  - C. High risk: every 5 years; Low risk: every 3 years**
  - D. High risk: every 2 years; Low risk: every 4 years**
  
- 3. Following food service, leftovers should be:**
  - A. Kept at room temperature**
  - B. Frozen**
  - C. Chilled**
  - D. Heated then cooled**
  
- 4. Which CIM governs flight physicals for Coast Guard aviators?**
  - A. CIM 6200.1**
  - B. CIM 6260.17**
  - C. CIM 6000.1**
  - D. CIM 6100.1**
  
- 5. Which document contains the body piercing policy referenced in uniform guidelines?**
  - A. CI 1001.1(series)**
  - B. CIM 5060.11**
  - C. CIM 7000**
  - D. CIM 1020.6**

- 6. What does Health Services primarily provide when medical and dental officers are absent?**
- A. Administrative support**
  - B. Financial planning**
  - C. Supportive services to Medical and Dental Officers and primary health care in their absence**
  - D. IT services**
- 7. Coast Guard privacy policy requires protection of privacy under which laws?**
- A. Privacy Act of 1974 (as amended) and HIPAA**
  - B. Privacy Act of 1974 (as amended)**
  - C. HIPAA**
  - D. Freedom of Information Act**
- 8. Is SN Ann Noyd authorized to speak directly with her CSEL without speaking with others in the chain of command?**
- A. Yes, but they should utilize the chain of command first to resolve matters.**
  - B. No.**
  - C. Only with written approval.**
  - D. Only if the CSEL initiates.**
- 9. Are electronic versions of reference books allowed?**
- A. Yes**
  - B. No**
  - C. Yes, but only on Coast Guard-issued devices**
  - D. Only with supervisor approval**
- 10. How often should a 46-year-old female considered high risk be screened for cholesterol?**
- A. 1 year**
  - B. 3 years**
  - C. 5 years**
  - D. 7 years**

## Answers

SAMPLE

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

SAMPLE

## **Explanations**

SAMPLE

**1. Which color marks damage control and fire protection equipment?**

- A. Blue**
- B. Yellow**
- C. Green**
- D. Red**

Color coding on ships is used to identify safety gear quickly during emergencies. Red marks damage control and fire protection equipment, making items like portable fire extinguishers, fire hoses, and related tools easy to spot even in smoke or low light. This bright, eye-catching color is universally recognized for firefighting gear, which helps crews respond fast when every second counts. The other colors are used for different safety categories and aren't designated for firefighting and damage-control equipment, so red is the best choice.

**2. Which pairing correctly matches cholesterol screening intervals with risk category for a 46-year-old woman?**

- A. High risk: every 3 years; Low risk: every 5 years**
- B. High risk: every year; Low risk: every 3 years**
- C. High risk: every 5 years; Low risk: every 3 years**
- D. High risk: every 2 years; Low risk: every 4 years**

Cholesterol screening intervals are guided by the person's cardiovascular risk. Higher-risk individuals need closer monitoring to catch changes early and adjust treatment or lifestyle recommendations, while lower-risk individuals can be checked less frequently without missing meaningful shifts in risk. For a 46-year-old, if she falls into a high-risk category, screening about every three years is appropriate. If she's low risk, screening about every five years is reasonable. This pairing—high risk every 3 years and low risk every 5 years—fits the principle of more frequent monitoring for higher risk and longer intervals for lower risk. The other options either push for too-rapid rechecking in high-risk people or too-rapid or too-slow intervals for low-risk individuals, making them less consistent with standard risk-based screening guidance.

**3. Following food service, leftovers should be:**

- A. Kept at room temperature**
- B. Frozen**
- C. Chilled**
- D. Heated then cooled**

Leftovers should be chilled promptly after service to slow bacterial growth and keep food safe for later use. Cooling to 41°F (5°C) or below as quickly as possible (ideally within two hours) limits toxin formation and bacterial multiplication. Leaving food at room temperature allows pathogens to thrive, increasing the risk of foodborne illness. Freezing is appropriate for longer-term storage, but it isn't the immediate step you take if you plan to store and reuse leftovers soon. Heating leftovers before cooling can create unsafe temperature fluctuations and does not address the initial risk. Keeping leftovers chilled is the best immediate practice.

**4. Which CIM governs flight physicals for Coast Guard aviators?**

- A. CIM 6200.1
- B. CIM 6260.17
- C. CIM 6000.1**
- D. CIM 6100.1

Flight physicals for Coast Guard aviators are governed by the CIM that covers aviation medicine and the standards for pilot medical exams. This instruction lays out what must be evaluated during a flight physical, such as vision, hearing, cardiovascular health, general physical fitness, and other conditions that could impact safe flight operations. It also specifies who conducts the exams, how often they're required, how results are documented, and how findings affect a pilot's flying status or need for waivers. This CIM is the best answer because it directly handles aviation medical standards and the flight-specific examination process, ensuring pilots meet the unique physiological demands of flying. Other CIMs address different topics, such as general medical policy or non-aviation health administration, which don't define the requirements for aviation flight physicals.

**5. Which document contains the body piercing policy referenced in uniform guidelines?**

- A. CI 1001.1(series)**
- B. CIM 5060.11
- C. CIM 7000
- D. CIM 1020.6

Body piercing rules within Coast Guard uniform guidelines come from the official Commandant Instruction that covers appearance and dress standards. This instruction - the CI 1001.1 series - is the authoritative source for policies on how personnel may present themselves, including what piercings are allowed, where they may be worn, and how they must be concealed or displayed with the uniform. The other documents listed are not the sources for uniform appearance rules; they address different topics and do not govern piercing standards in the context of the uniform.

**6. What does Health Services primarily provide when medical and dental officers are absent?**

- A. Administrative support**
- B. Financial planning**
- C. Supportive services to Medical and Dental Officers and primary health care in their absence**
- D. IT services**

Continuity of patient care when medical and dental officers are not on site is the focus. Health Services provides the supportive framework that keeps primary health care available and backs up the officers in their absence. This means coordinating and delivering the administrative and clinical support needed to maintain clinic operations, ensure timely triage and care, and keep patient access, records, and medications functioning until the officers return. IT or financial planning play important roles in operations, but they don't address the direct provision of care or the clinical backup needed to cover for the officers, which is why providing supportive services and primary health care in their absence is the best fit.

**7. Coast Guard privacy policy requires protection of privacy under which laws?**

- A. Privacy Act of 1974 (as amended) and HIPAA**
- B. Privacy Act of 1974 (as amended)**
- C. HIPAA**
- D. Freedom of Information Act**

Protecting privacy in Coast Guard operations relies on both the Privacy Act of 1974 (as amended) and HIPAA. The Privacy Act governs how federal agencies collect, maintain, use, and disclose records about individuals and gives people rights to access and amend their records. Since the Coast Guard is a federal agency, its handling of personal information in systems of records falls under this statute. HIPAA provides privacy protections specifically for health information—limiting how protected health information is used and disclosed by entities covered by the law and their associates. When the Coast Guard handles health records or health information in its medical programs, HIPAA protections apply in addition to the Privacy Act. Therefore, privacy protection for Coast Guard information is governed by both laws. The FOIA is about access to government records and has privacy-related exemptions, but it is not the primary framework that requires privacy protections in the way these two statutes do, and HIPAA alone would miss the broader agency record-keeping obligations.

**8. Is SN Ann Noyd authorized to speak directly with her CSEL without speaking with others in the chain of command?**

**A. Yes, but they should utilize the chain of command first to resolve matters.**

**B. No.**

**C. Only with written approval.**

**D. Only if the CSEL initiates.**

The question is about how enlisted personnel should interact with the chain of command and the senior enlisted leader. In the Coast Guard, the chain of command is the normal path for addressing issues, so you should first bring concerns through your supervisor or the appropriate command channels to seek resolution. At the same time, the senior enlisted leader serves as a direct resource for enlisted members and can be approached directly when appropriate—such as for sensitive welfare matters, guidance, or when the issue requires the senior enlisted perspective and time sensitivity or barriers in the normal chain prevent quick resolution. Therefore, you may speak directly with the CSEL, but you should still attempt to resolve matters through the chain of command first.

**9. Are electronic versions of reference books allowed?**

**A. Yes**

**B. No**

**C. Yes, but only on Coast Guard-issued devices**

**D. Only with supervisor approval**

Electronic versions of reference books are allowed, so you can use digital copies during the exam. This supports having quick access to standards, guidelines, and procedures without needing printed books, helping you verify information efficiently as you work through questions. Practice with the digital references you'll rely on on test day so you're comfortable navigating them under time pressure. There's no special restriction to Coast Guard-issued devices or a requirement for supervisor approval in this policy, though always follow any specific instructions given at the exam.

**10. How often should a 46-year-old female considered high risk be screened for cholesterol?**

**A. 1 year**

**B. 3 years**

**C. 5 years**

**D. 7 years**

For someone at high risk, cholesterol screening should be done more frequently to catch changes early and guide treatment. In a 46-year-old woman with high cardiovascular risk, about every three years is the appropriate interval. This pace helps monitor lipid levels as factors like menopause can shift cholesterol profiles, and it allows timely adjustments to therapy if goals aren't met. Fewer screenings, such as every five or seven years, could miss rising risk, while yearly screening is typically not necessary unless there are active treatment changes or unstable results.

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

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

SAMPLE