

TENNderCARE Teen Health Quiz

- How do I schedule a TENNderCare visit?
 - Call your MCO to help schedule an appointment and transportation
 - Call your mom
 - Call the mailman
- How many times do you go to the doctor on a regular basis?
 - Once a year- Annually
 - Anytime you feel sick
 - I do not go to the doctor
- How many ounces of water do you need to drink daily?
 - 32 oz
 - 1 glass
 - 64 oz.
- What kind of healthy snacks do you need to eat?
 - Fruit and Vegetables
 - Low-fat yogurt
 - Cookies and Ice Cream
- What can cause obesity?
 - Lack of exercise
 - Being overweight
 - Laziness
- What are the best types of birth control?
 - Abstinence
 - Condoms
 - Birth Control Pills
- How do most youth die in Tennessee?
 - Drinking and Driving
 - Medical illness
 - Bad health habits
- How often do you need to exercise?
 - Daily
 - 3 times a week
 - Never

Add up your points!

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- A=5 points, B=2 points, C=0 points
 - A=5 points, B= 2 points, C=0 points
 - A=2 points, B= 0 points, C=5 points
 - A=5 points, B=5 points, C= 2 points
 - A=2 points, B= 5 points, C=0 points
 - A= 5 points, B=3 points, C=1 point
 - A= 5 points, B=3 points, C=1 point
 - A= 5 points, B=3 points, C=0 points

18-40 points- Congrats! You have GOOD health habits!
10-17 points- Man, You need to make better healthy choices.
2-13 points- Oops! You need to talk to your doctor.