



SAMPLE LESSON PLANS

Grade 10 – Health Promotion

Unit 1

SOLs:

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| 10.1.E | Identify regular screenings, tests, and other medical examinations and their role in reducing health risks. |
| 10.2.D | Explain the importance of medical screenings and access to health care throughout life. |
| 10.3.B | Determine personal strategies for improving access to health care and medical services for different stages of life. |

Title: Health Tests and Insurance Coverage

Objectives/ Goals: Students will understand and explain the importance of medical screenings and access to health care throughout life.

Materials:

- Internet Access
- FAMIS Handout

Procedure:

- Refer to the attached resources to have a guided discussion with students about the importance of screenings, immunizations, and medical tests, health care and insurance. What is a screening? What is a medical test? Why is it important to have screenings and medical tests throughout your life? Why go to the doctor for well visits? Why is health care and insurance coverage important?
- Assign students to visit various health websites and identify 2 screenings/medical tests for each of the following age groups: infants (0-1), children (2-5), children (6-10), adolescents 11-18, young adults (19-21) and older adults. Share the results in a report or presentation and describe the benefit of the screening or medical test.
- Visit the Cover VA - FAMIS website with students and review information on insurance eligibility, and application. Provide take-home information on FAMIS for students to share with families. Assign students to go home and talk to parents about doctors, health history

and insurance coverage. (Note: students are not to share the results of these conversations with teachers or other students due to health privacy needs but the teacher can check that a conversation did happen (e.g., note from parent))

- Assign students to write a couple of pages of reflection on what they have learned and the steps they will take to ensure that they access necessary health services in the future.

Assessment Ideas:

- Evaluate student participation in discussion, research reporting, and reflection paper.

References:

- AAP Bright Futures Adolescent Screening Recommendations https://www.aap.org/en-us/Documents/periodicity_schedule.pdf
- Access to Health Services – Healthy People 2020 <https://www.healthypeople.gov/2020/topics-objectives/topic/Access-to-Health-Services>
- Benefits and Risks of Screening Tests – Pub Med <https://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0072602/>
- Virginia FAMIS – Cover Virginia <http://coverva.org>
- 211 Virginia <http://www.211virginia.org>
- Federal Government Department of Health and Human Services <https://www.hhs.gov/about/index.html#>
- Health Insurance Explained <https://www.youtube.com/watch?v=-58VD3z7ZiQ&feature=youtu.be>
- Health Insurance Quiz <http://kff.org/quiz/health-insurance-quiz/>
- Virginia Department of Health www.vdh.virginia.gov
- Virginia Department of Social Services www.dss.virginia.gov
- Virginia Department of Behavioral Health and Developmental Services www.dbhds.virginia.gov
- Virginia FAMIS Childrens Health Insurance Brochure https://www.coverva.org/mat/famis_brochure_english.pdf
- Kaiser Family Foundation – Health Insurance Explained <https://www.youtube.com/watch?v=-58VD3z7ZiQ>
- Kids Health – Going to the Doctor <http://kidshealth.org/en/kids/going-to-dr.html>
- Kids Health – Health Insurance Basics - <http://kidshealth.org/en/teens/insurance.html>
- Kids Health – Finding Low Cost Medical Care <http://kidshealth.org/en/teens/lcost-medcare.html#catmedical-care>
- Next Generation - Life Happens <http://www.scholastic.com/nextgeneration/index.htm>
- Young Invincibles Healthy Adulting Toolkit <http://younginvincibles.org/wp-content/uploads/2016/09/HealthyAdulting-Toolkit.pdf>
- US DHHS Screening Tests for Men and Women <https://www.womenshealth.gov/screening-tests-and-vaccines/index.html>