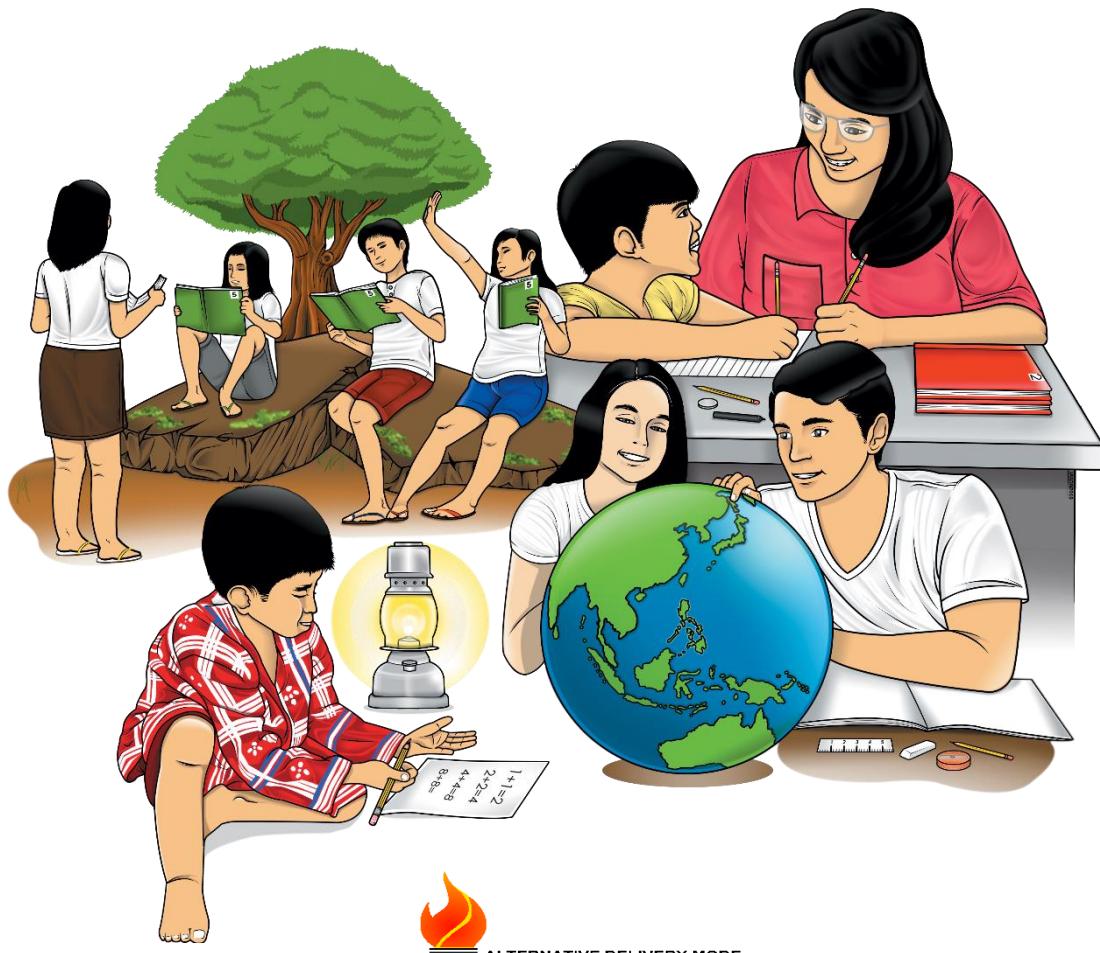


Health

Quarter 1 – Module 1: Components of Consumer Health



Health - Grade 10

Alternative Delivery Mode

Quarter 1 - Module 1: Components of Consumer Health

First Edition, 2020

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Health

Quarter 1 – Module 1:

Components of

Consumer Health



Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

The SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pretest is provided to measure your prior knowledge on lessons in the SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of this module, you need to answer the posttest to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

This module is designed to equip you with the necessary knowledge, skills, and values to achieve competence in maintaining good health, social awareness, and good physical condition.

This module provides you different activities that will help you become familiar with the topics or lessons on the components of consumer health. The assistance of your parents, siblings, or relatives is encouraged in answering the module, particularly in the activities where you need to perform tasks.

Let us check what you know about Consumer Health.
Are you ready to start? Good luck!



Illustrated by: Christian Rey Ricarze

After working on this module, you are expected to:

1. explain the guidelines and criteria in the selection and evaluation of health information, products, and services (H10CH-Ia-b-20); and
2. discuss the various forms of health service providers and healthcare plans (H10CH-Ia-b-21).

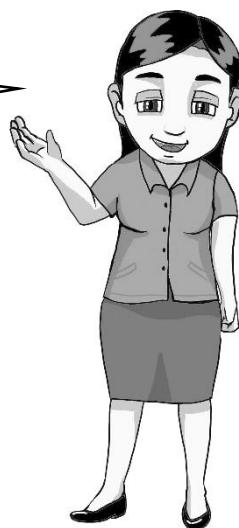


What I Know

Pretest

Directions: Read the statement carefully and choose your answers from the box below. Write your answers in your activity notebook.

Feel free to answer the activities. Don't worry about the result. I just want to know where you are or how much you know about the topic. Ready? Let's start!



Illustrated by: Christian Rey Ricarze

Health information	Health Consumer	Health Products
Health Services	Unreliable Source of Information	
Reliable Source of Information		

- 1. These are data and facts about health products and services you can get from the media and people around you.
- 2. These are procedures, actions or work furnished or supplied to help satisfy your needs and wants as a consumer.
- 3. These are health information based on customs and superstitions.
- 4. These are health information based on educational institutions.
- 5. This refers to the decisions you make about the purchase and use of health information on products and services.

True or False: Write True if the statement is correct or False if the statement is wrong. Write your answers in your notebook.

- 6. A health consumer is someone who shares health products and services.
- 7. Health information from Facebook is a trusted source.
- 8. When purchasing a health product, comparing and contrasting the products of
a similar kind is helpful.
- 9. Information based on health magazines and bulletins is considered reliable.
- 10. Skincare products and grooming aids are kinds of health information.



Turn to page 17 and check your answers. If you got 9 and below, it is necessary for you to learn more from this module. If your score is 10, you can still learn more from this module.

Illustrated by: Christian Rey Ricarze

**Module
1**

Components of Consumer Health



What's In

Activity 1: My Source of Information

Directions: The following are sources of information on consumer health. Write the item number of the statement in the appropriate box. The left box should contain the reliable source while the right box should contain those which are not.

Reliable Source

Not reliable source

Sources
1. Neighbors
2. Friends
3. Health Magazines
4. Parents who are health professionals
5. Elderly
6. Government agencies
7. Researches
8. Books
9. Pamphlets
10. Wikipedia



What's New

All of us are consumers. We acquire health information, purchase health products, and avail of health services to appraise, improve, and maintain our health. Health information is an idea that we hear from people around us, read from books and other printed materials, or from the media that influence our health. Health products are items that we consume to improve our well-being such as medicine, food, clothes, furniture, electronics, etc. To ensure consumer health, criteria and guidelines in selecting health products/ services must be considered. Various forms of providers and plans must also be known to a consumer.

Health services are programs we avail from various providers such as physicians, nurses, therapists, health workers, hospitals, clinics, and the government. Some examples of these health services are insurance, treatment and cure, and complementary and alternative medicine. In this



What It Is

What is Consumer Health?

Consumer Health is not just about buying health products and services. It is also about making decisions and having a clear and deeper understanding to make wise choices.

Consumer Health has three components: **health information**, **health products**, and **health services**. Health information plays a big role in the life of individuals. *It gives details that people can use to make informed decisions about their health and of others.*

What is Health Information?

Health information is any concept, step, or advice that various sources give to aid the health status of an individual. The type of information varies depending on various considerations such as but not limited to health history, drugs and alcohol consumption, and eating disorders.

All information about the health products are included in this area. It gives the materials used in manufacturing the product, date, uses, expirations, and even cautions.

Example:

Product	Manufacturer	Uses	Ingredients	Date of Manufacturing	Expiration Date
Tomas Milk	Milk Phil. Inc., Candon City Ilocos Sur	To enhance growth and stronger immunity	Water, skimmed milk powder, pasteurized yogurt powder, sugar, apple juice concentrate	January 5, 2019	January 21, 2021
Tsarap Magic	Magic Phil. Inc., Vigan City, Ilocos Sur	For Seasoning	Iodized salt, garlic, sugar, onion, spices, chicken meat	December 5, 2019	April 19, 2021

People acquire health information and products from various sources such as authorized persons, media, and technology. It is essential to identify the reliability of these sources.

Some Reliable Sources of information

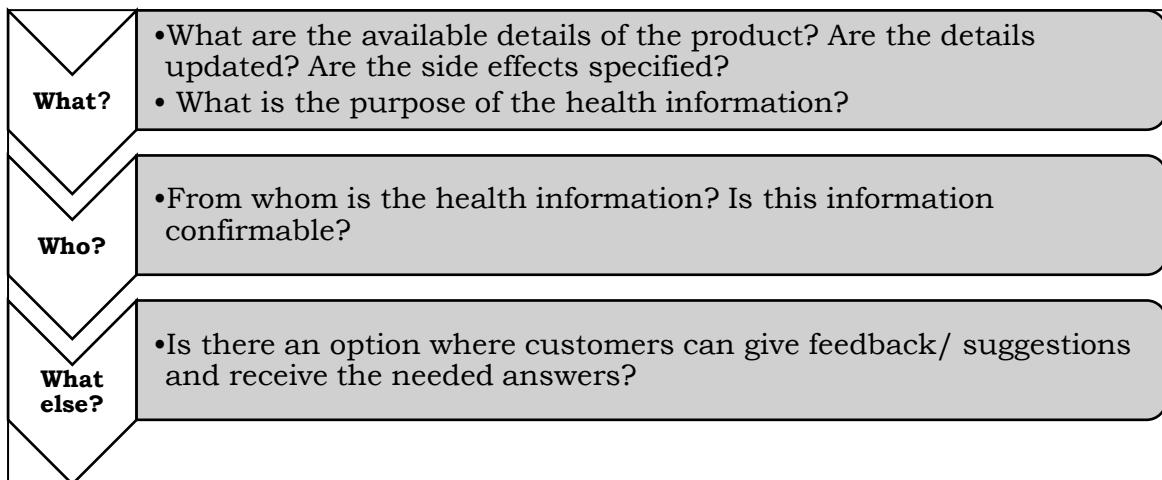
1. Medical and health professionals (Family and school doctors, dentists, nurses, health science educators)
2. Government agencies like the Department of Health (DOH), Food and Drug Administration (FDA), Bureau of Food and Drugs (BFAD), Department of Trade and Industry (DTI)
3. Websites ending in gov, edu, and org.
4. Local health officials
5. Educational institutions

Some Unreliable Sources of Health Information

1. Outdated customs, practices, and superstitions without scientific basis
2. Information based on ignorance and prejudice
3. Commercialized health information
4. Personal options and incomplete information
5. Quack or pseudo healers

Guide Questions or Criteria in Assessing Health Information

The following questions are the things to consider before buying health products or availing of health services.



What are Health Products?

Health products are food, drugs, cosmetics, devices, biologicals, vaccines, in-vitro diagnostic reagents, household/urban hazardous substances, and/or a combination of and/or a derivative thereof (FDA Act, 2009). These products may be purchased from various places like supermarkets, pharmacies, and hospitals.

Examples: eyeglasses, appliances, medicines, grooming aids, car, etc.

What is a Healthcare Service?

Healthcare services refer to the furnishing of medicines, medical or surgical treatments, nursing, hospital service, dental service, optometric service, and complementary health services. These are often connected to healthcare. These programs aim to appraise the health conditions of individuals through screening and examinations, cure and treat disorders, prevent and control the spread of diseases, provide safety, emergency care, and first aid, and ensure a follow-up program for individuals who have undergone treatments.

Examples: medical and dental consultation and treatment, services from beauty parlors and barber shops, etc.

Guidelines on the Purchase of Goods and Services

1. Evaluate which products and services will be beneficial, harmful, or useless.
2. Know the local laws and regulations that protect consumers.
3. Locate dependable medical, dental, and nursing services.
4. Apply knowledge acquired with respect to personal and environmental health in the purchase of personal goods and services

Some Tips on How to be a Wise Consumer

1. **Gather correct and sufficient information** – get as much information by reading the details critically on the nutritional quality of the food. Be aware that being knowledgeable of the laws will protect you as a consumer.
2. **Compare and contrast details of available products** – compare and contrast the products and services available before you purchase. Judge for yourself which among the products are most effective. You can use the questions in assessing the health information as your initial guide.
3. **Inquire for more and review if possible** – ask direct questions from sales personnel if things about the product are not clear to you before buying it. Clarifying things will make you more confident as a consumer. You can also get some information from other consumers regarding the product.

Health services are usually offered by healthcare providers. “*A healthcare provider is a trained professional who provides people with healthcare.*” Health services are offered by health service providers. There are three types, as follows:

- I. **Health Professionals.** These are individuals who are licensed to practice medicine and other allied health programs and work in the medical profession. *Examples: doctors, nurses, nutritionists, etc.*
- II. **Healthcare Facilities** – These are places or institutions that offer healthcare services. *Examples: hospitals, walk-in surgery centers, health centers, extended healthcare facilities.*
- III. **Health Insurance** - It is a financial agreement between an insurance company and an individual or group for the payment of healthcare costs.

Philippine Insurance Corporation (PhilHealth) is a government-owned and controlled corporation (GOCC) created through Republic act 7875, also known as the National Health Insurance (NHI) Act of 1995. It aims to provide health insurance coverage for all Filipinos and ensure affordable, acceptable, available, and accessible health care services for all citizens of the Philippines (Learner’s Material on the Philippine Health Insurance Corporation (PhilHealth) - Grade 10 2017).

The vision statement of PhilHealth

**“Bawat Pilipino Miyembro,
Bawat Miyembro Protektado,
Kalusugan ng Lahat Protektado”**

PhilHealth ensures that every Filipino is a member by covering them under different membership programs, which are categorized according to various sectors of our society.

Classifications of PhilHealth Members

Employed or Members in the Formal Economy	<ul style="list-style-type: none"> - employees in the government and private sectors. - household helpers - family drivers - owners of small, medium, and large enterprises - Their respective employers should enroll members.
Employed or Members in the Informal Economy	<ul style="list-style-type: none"> - workers who are not covered by formal contracts and whose premium contributions are self-paid or subsidized. - migrant workers (documented and undocumented OFW) - workers: sea-based and land-based - Informal sector (street hawkers, market vendors, pedicab and tricycle drivers, small construction workers, and home-based industries - Filipino with dual citizenship - Naturalized Filipino citizen - Citizens of other countries on/and residing in the Philippines
How to enroll?	<ul style="list-style-type: none"> - Persons who are under the Informal Economy should apply for membership.
Indigent Members	<ul style="list-style-type: none"> - people who have no visible means of income as identified by the Department of Social Welfare and Development (DSWD) based on specific criteria.
How to enroll?	<ul style="list-style-type: none"> - The National government tasks the Department of Social Welfare and Development (DSWD) to facilitate their enrolment.
Sponsored Members	<ul style="list-style-type: none"> - members whose premium contributions are paid for by another individual, government agency, or private entity. - orphans, abandoned and abused minors, out-of-school youths, persons with disabilities, battered women under DSWD custody, barangay health workers, barangay tanods, and other barangay workers and volunteers.
Lifetime Member	<ul style="list-style-type: none"> - those who have reached the age of retirement and have made 120 monthly contributions.
How to enroll?	<ul style="list-style-type: none"> - Need to apply for membership to qualify under this category.

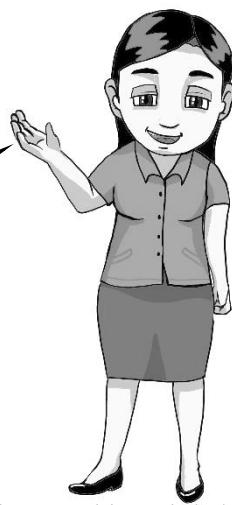
Senior Citizens	- elderly who are not covered under the National Health Insurance Program (NHIP). - Need to apply for membership to qualify under this category.
How to enroll?	

Once enrolled under PhilHealth, a member should declare his or her legal dependents so they can also be extended the same healthcare protection and benefits as that of the principal member.



What's More

Good Job! Now you have understood the different components of Consumer Health, and PhilHealth. Let's check how far have you done. Do the activities and assessments work for you? Let's continue then.



Activity 1: Let's Go Shopping!

Illustrated by: Christian Rey Ricarze

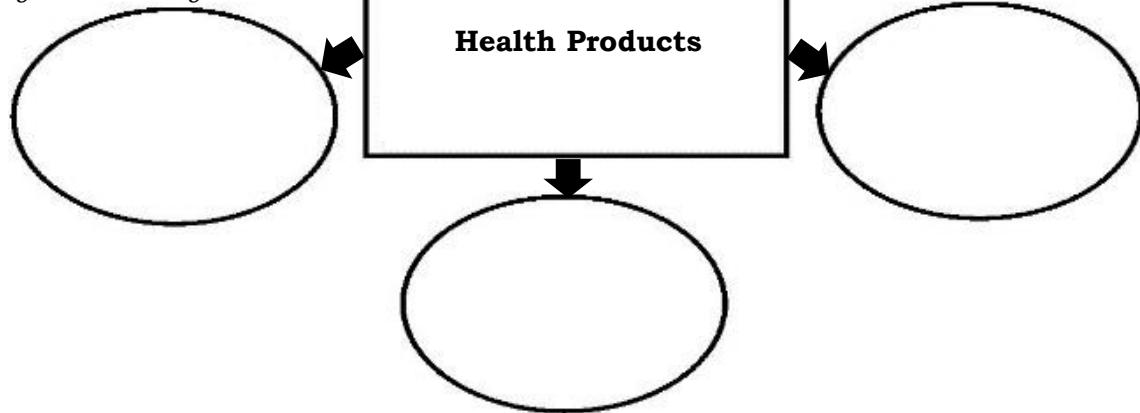
Directions: Write five (5) examples of health products that people buy and consume using the web idea below. Write your answers in your activity notebook.



Remember to keep those products with you for the next activity.

Illustrated by: Christian Rey Ricarze

Health Products



Activity 2: Think About It!

Write down the names of as many individuals as you know who PhilHealth members are. On the second row, state the reason of their membership category.

Formal Economy	Informal Economy	Sponsored Members	Indigent Members	Lifetime Members	Senior Citizens
Reasons					

Remember that you may ask help from your relatives. Have fun!



Illustrated by: Christian Rey Ricarze



Assessment

TRUE OR FALSE: Write **T** if the statement is true or **F** if it is false. Use your activity notebook.

1. Professionals such as physicians, scientists, and teachers can be sources of health information.
2. Hair cut from a barber shop is an example of healthcare services.
3. Foods, drugs, cosmetics, devices, biologicals, vaccines, in-vitro diagnostic reagents, and household/urban hazardous substances are considered health products.
4. Consumer health has three components.
5. Health products are the concepts, steps, or pieces of advice that various sources give to aid the health status of an individual.



What I Have Learned

Consumer Health refers to the decisions you make about the purchase and use of health information, products, and services that will have a direct effect on your health. It has three components namely: *health information*, *health products* and *healthcare services*.

Criteria and guidelines must be considered when availing health services or product. Details of the product, source of information, feedback mechanisms are some of the things to be considered. As a wise consumer, you should be able to gather information, compare available products, and inquire for more so all doubts will be erased.

Health professionals, health facilities and insurance are the three types of health providers. One type of insurance is the PhilHealth.



What I Can Do

LET'S DIG MORE!

A. Directions: From the products that you have identified in **Activity 1**, write the necessary information about the product. Copy the table below in your activity notebook.

Product	Manufacturer	Uses	Ingredients	Date of Manufacturing	Expiration Date

B. Directions: Study the poster below. List five (5) questions that you will ask about the product and answer also the question given below. Write your answers in your activity notebook.



What?	
Who?	
What else?	

1. Using the guide questions in assessing health information, will you buy the product? Why or why not?

Illustrated by: Jerson Rod A. Acosta



Assessment

Posttest

Your sister got common colds, how will you get safe and accurate information in the treatment of such illness? Put a checkmark beside the source of information which could be considered as a safe source.

	1. Health Books
	2. Interview with your classmates and adults
	3. Consultation with faith healers
	4. Information from parents
	5. Information from the Department of Health (DOH)
	6. Health Magazines
	7. Information from social media such as Facebook and Instagram
	8. Medical consultation with a physician
	9. Information from TV news
	10. Information from radio

Directions: Answer the following questions in your activity notebook.

You are to buy a health product, specifically a beauty soap. However, you do not have sufficient and accurate information about the product. What could possibly happen to you if you buy this product without researching on its details?

Is there a need for you to know the guidelines in choosing products? Why?



Additional Activity

Interview three (3) persons and find out what health products they are using. Also, ask them why they are using those products?

**Module
1**

Components of Consumer Health



Answer Key

<p>What I Know</p> <p>PRETEST</p> <p>MULTIPLE CHOICE:</p> <ul style="list-style-type: none">Health ServicesHealth InformationUnreliable InformationReliable InformationHealth Consumers <p>TRUE OR FALSE</p> <ul style="list-style-type: none">F T T F T	<p>What's In: My Source of Information</p> <p>Reliable</p> <p>3, 6, 7, 8,</p> <p>Not Reliable</p> <p>1, 2, 4, 5, 9, 10</p> <p>THINK ABOUT IT!</p> <p>Answers may vary</p> <p>LET'S GO SHOPPING</p> <p>Answers may vary</p> <p>What's More</p>	<p>What I Can Do</p> <p>LET'S DIG MORE</p> <p>Answers may vary</p> <p>Assessment</p> <p>POSTTEST</p> <p>INTERVIEW</p> <p>Additional Activity</p> <p>Answers may vary</p>
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