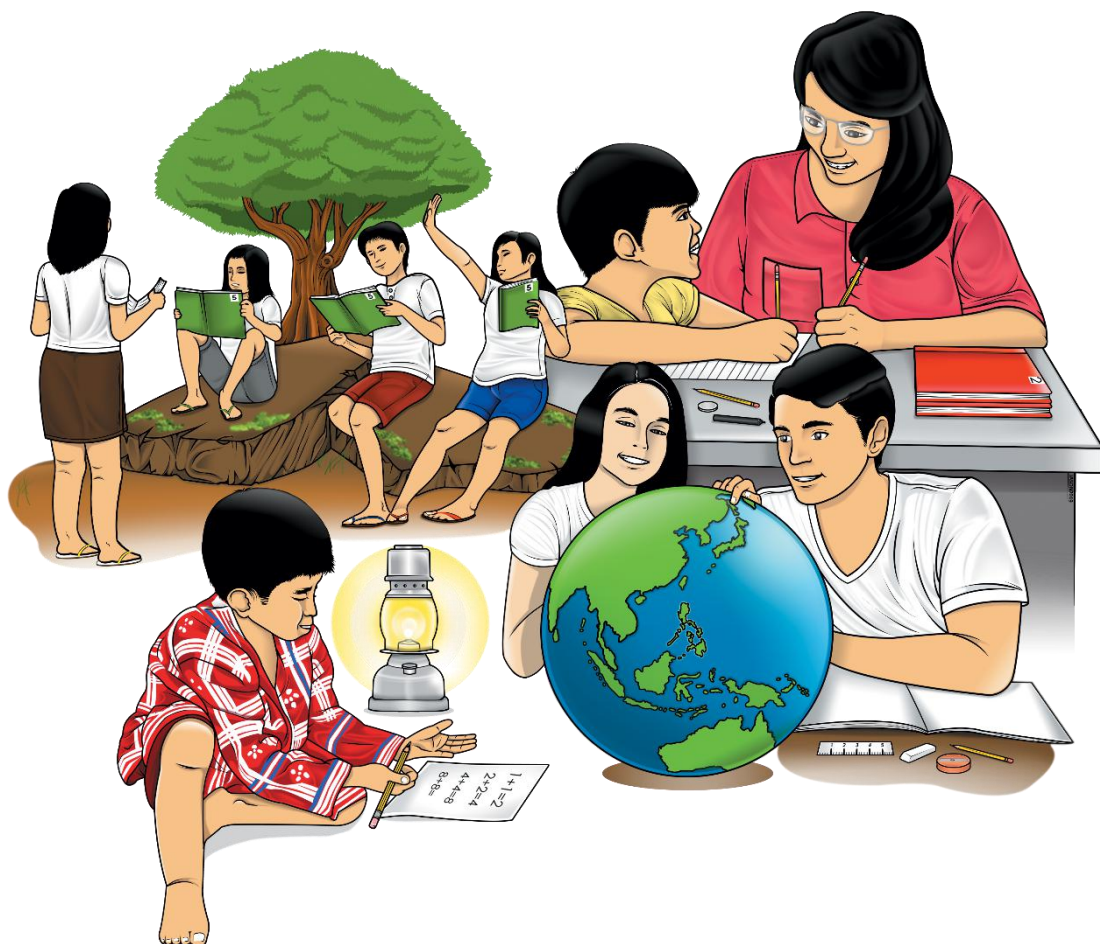


# Health

## 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

## For the facilitator:

Welcome to the **Health 10** Alternative Delivery Mode (ADM) Module on the **Components of Consumer Health!**

This module was collaboratively designed, developed and reviewed by educators both from public and private institutions to assist you, the teacher or facilitator in helping the learners meet the standards set by the K to 12 Curriculum while overcoming their personal, social, and economic constraints in schooling.

This learning resource hopes to engage the learners into guided and independent learning activities at their own pace and time. Furthermore, this also aims to help learners acquire the needed 21st century skills while taking into consideration their needs and circumstances.

As a facilitator you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Furthermore, you are expected to encourage and assist the learners as they do the tasks included in the module.

## For the learner:

Welcome to the **Health 10** Alternative Delivery Mode (ADM) Module on the **Components of Consumer Health!**

The hand is one of the parts of the human body. It is often used to depict skill, action and purpose. Through our hands we may learn, create and accomplish. Hence, the hand in this learning resource signifies that you as a learner is capable and empowered to successfully achieve the relevant competencies and skills at your own pace and time. Your academic success lies in your own hands!

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning resource while being an active learner.

This module has the following parts and corresponding icons



### ***What I Need to Know***

This will give you an idea of the skills or competencies you are expected to learn in the module.



### ***What I Know***

This part includes an activity that aims to check what you already know about the lesson to take. If you get all the answers correct (100%), you may decide to skip this module.



### ***What's In***

This is a brief drill or review to help you link the current lesson with the previous one.



### ***What's New***

In this portion, the new lesson will be introduced to you in various ways such as a story, a song, a poem, a problem opener, an activity or a situation.



### ***What is It***

This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.



### ***What's More***

This comprises activities for independent practice to solidify your understanding and skills of the topic. You may check the answers to the exercises using the Answer Key at the end of the module.



### ***What I Have Learned***

This includes questions or blank sentence/paragraph to be filled in to process what you learned from the lesson.



### ***What I Can Do***

This section provides an activity which will help you transfer your new knowledge or skill into real life situations or concerns.



### ***Assessment***

This is a task which aims to evaluate your level of mastery in achieving the learning competency.



### ***Additional Activities***

In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned. This also tends retention of learned concepts.



### ***Answer Key***

This contains answers to all activities in the module.

At the end of this module you will also find:

### ***References***

This is a list of all sources used in developing this module.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!



## ***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. 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!



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!



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 media and people around you.
- \_\_\_\_\_ 2. These are procedures, actions or work furnished or supplied to help satisfy your needs and wants as 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 the 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 similar kind is helpful.
- \_\_\_\_\_ 9. Information based on health magazines and bulletin is considered reliable.
- \_\_\_\_\_ 10. Skin care products and grooming aides 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.



<b>Module</b> <b>1</b>	<b>Components of Consumer Health</b>
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## ***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 light, we must all be educated consumers.



## ***What is it***

### **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:**

<b>Product</b>	<b>Manufacturer</b>	<b>Uses</b>	<b>Ingredients</b>	<b>Date of Manufacturing</b>	<b>Expiration Date</b>
Tomas Milk	Milk Phil. Inc., Candon City I.S	To enhance growth and stronger immunity	Water, skimmed milk powder, pasteurized yoghurt powder, sugar, apple juice concentrate	January 5, 2019	January 21, 2021
Tsarap Magic	Magic Phil. Inc., Vigan City, I.S	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 person, media, and technology. It is important 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 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 health services.

What?	<ul style="list-style-type: none"><li>•What are the available details of the product? Are the details updated? Are the side effects specified?</li><li>• What is the purpose of the health information?</li></ul>
Who?	<ul style="list-style-type: none"><li>•From whom is the health information? Is this information confirmable?</li></ul>
What else?	<ul style="list-style-type: none"><li>•Is there an option where customers can give feedback/ suggestions and receive the needed answers?</li></ul>

### What are Health Products?

Health products are food, drugs, cosmetics, devices, biologicals, vaccines, in-vitro diagnostic reagents, and 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 critically the details 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 there are things about the product that 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: doctor, nurse, nutritionist, etc.*
- II. **Healthcare Facilities** – These are places or institutions that offer healthcare services.  
*Examples: hospitals, walk-in surgery center, health center, extended healthcare facility.*
- 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**

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

Once enrolled under PhilHealth, a member should declare his or her legal dependents so they can also be extended of 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.

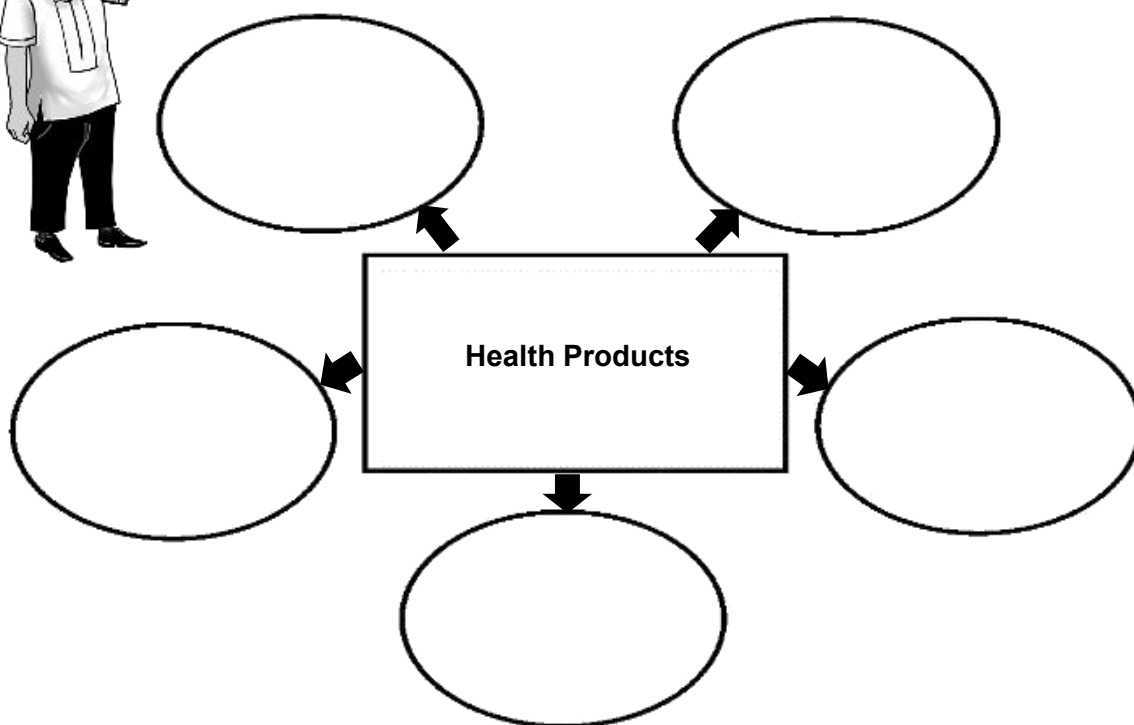


### **Activity 1: Let's Go Shopping!**

**Directions:** Write five 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.



**Activity 2: Think About It!**

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

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



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





## **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 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.

<b>Product</b>	<b>Manufacturer</b>	<b>Uses</b>	<b>Ingredients</b>	<b>Date of Manufacturing</b>	<b>Expiration Date</b>

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



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

What?	
Who?	
What else?	

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## ***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.

	Health Books
	Interview with your classmates and adults
	Consultation with faith healers
	Information from parents
	Information from Department of Health (DOH)
	Health Magazines
	Information from social media such as Facebook and Instagram
	Medical consultation with a physician
	Information from TV news
	Information from radio

**Directions:** Answer the following questions in your activity notebook.

1. 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?

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

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### ***Additional Activity***

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

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**Congratulations! You're done.**

<b>Module</b> <b>1</b>	<b>Components of Consumer Health</b>
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**Answer Key**

<p><b>What I Know</b></p> <p><b>PRETEST</b></p> <p><b>MULTIPLE CHOICE:</b></p> <ol style="list-style-type: none"> <li>1. Health Information</li> <li>2. Health Services</li> <li>3. Unreliable Information</li> <li>4. Reliable Information</li> <li>5. Health Consumer</li> </ol> <p><b>TRUE OR FALSE</b></p> <ol style="list-style-type: none"> <li>6. F</li> <li>7. F</li> <li>8. T</li> <li>9. T</li> <li>10. F</li> </ol>	<p><b>What's In: My Source of Information</b></p> <p><b>Reliable</b></p> <p>- 3, 6, 7, 8,</p> <p><b>Not Reliable</b></p> <p>- 1, 2, 4, 5, 9, 10</p>	<p><b>What's More</b></p> <p><b>LET'S GO SHOPPING</b></p> <p>Answers may vary</p> <p><b>THINK ABOUT IT!</b></p> <p>Answers may vary</p> <p><b>TRUE OR FALSE</b></p> <ol style="list-style-type: none"> <li>1. T</li> <li>2. T</li> <li>3. T</li> <li>4. T</li> <li>5. F</li> </ol>
<p><b>What I Can Do</b></p> <p><b>LET'S DIG MORE</b></p> <p>Answers may vary</p>	<p><b>Assessment</b></p> <p><b>POSTTEST</b></p> <p>1. ✓</p> <p>2. ✓</p> <p>3. ✓</p> <p>4. ✓</p> <p>5. ✓</p> <p>6. ✓</p> <p>7. ✓</p> <p>8. ✓</p> <p>9. ✓</p> <p>10. ✓</p> <p><b>Essay</b></p> <p>1. Possible answer: Those people might be harmed.</p> <p>2. Possible answer: For them to know the do's and don'ts about the product.</p>	<p><b>Additional Activity</b></p> <p><b>INTERVIEW</b></p> <p>Answers may vary</p>

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