

S.M.A.R.T. Challenge quiz

Substance Misuse Awareness and Recognition Tools

Name _____

Email _____

Ready to show you're up to the challenge when it comes to being smart about substance misuse? Let's see what you've learned.

NOTE: These questions are based on information you were emailed during the S.M.A.R.T. Challenge. Feel free to re-read that information to get the answers. Good luck!

- 1. Opioids are powerful pain relievers, but can be dangerous if they are used incorrectly.**
 - ☐ True
 - ☐ False
- 2. Which of these are opioids?**
 - ☐ Codeine, morphine, oxycodone, hydrocodone
 - ☐ Methadone and fentanyl
 - ☐ Heroin
 - ☐ All of the above
- 3. TRUE OR FALSE: A person can become addicted to objects, behaviors or activities like exercise.**
 - ☐ True
 - ☐ False
- 4. What puts a person at greater risk for a problem with drugs or addiction?**
 - ☐ One or more parents had a drug, alcohol or other substance problem
 - ☐ Being from a family with a history of conflict and aggression
 - ☐ Having a parent with depression or mental health issues
 - ☐ All of the above
- 5. What is a sign someone has a problem with a substance, activity, object or behavior?**
 - ☐ Does it over and over again and can't stop
 - ☐ Has jumpiness, trembling, sweating, nausea/vomiting, insomnia, depression, irritability, fatigue, loss of appetite or headaches
 - ☐ Hides it / denies a problem with it
 - ☐ Takes serious or unnecessary health risks
 - ☐ All of the above
- 6. TRUE OR FALSE: Opioids affect how your brain works.**
 - ☐ True
 - ☐ False
- 7. What signs should you look for to determine if kids and teens could be misusing drugs?**
 - ☐ Different behavior for no real reason – withdrawn, hostile, depressed, always tired
 - ☐ Different set of friends
 - ☐ Missing classes or declining grades
 - ☐ Escalating problems in relationships with friends and family
 - ☐ All of the above
- 8. Approximately 25.3 million Americans have daily pain. What is chronic pain?**
 - ☐ Pain that's easily identified
 - ☐ Pain that lasts longer than three to six months and can continue after the injury that caused it heals
 - ☐ Pain that happens right after surgery or an injury
 - ☐ All of the above
- 9. TRUE OR FALSE: Any young person is vulnerable to a problem with substances, drugs, alcohol or tobacco, especially through life changes like puberty and adulthood.**
 - ☐ True
 - ☐ False
- 10. Which of these are ways to treat pain – besides using an opioid?**
 - ☐ Medications that aren't addictive, including acetaminophen or ibuprofen
 - ☐ Cognitive behavioral therapy – to change thought perceptions, behavioral and emotional triggers of pain and stress
 - ☐ Movement therapy, including physical therapy
 - ☐ Exercise, including yoga or Pilates
 - ☐ Acupuncture
 - ☐ Massage
 - ☐ All of the above

Thanks for taking the S.M.A.R.T. Challenge! Be sure to send in your completed quiz. Follow the instructions in your email. You might be eligible for a prize drawing!



This information is meant to educate, not serve as medical advice. See your doctor for medical advice about your health.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross and Blue Shield of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. aka HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield of Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in POS policies offered by CompCare Health Services Insurance Corporation (CompCare) or Wisconsin Collaborative Insurance Corporation (WCIC). CompCare underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. ANTHEM is a registered trademark of Anthem Insurance Companies, Inc.

107527MUMENABS 5/18