

Understanding E-Health and Digital Literacy

Health Education · Answer Key · 11 Questions

1. How does the WHO define e-health?

- A) The use of robots in surgery
- B) The use of ICTs in support of health and health-related fields**
- C) The sale of medicine online
- D) The creation of digital medical records only

2. What is mHealth?

- A) A type of health insurance
- B) The use of mobile wireless technologies for health**
- C) A fitness tracking app
- D) A hospital management system

3. What is the primary benefit of mHealth according to the 2016 Executive Board?

- A) Ease of use and broad reach**
- B) It replaces doctors
- C) It is mandatory for all citizens
- D) It eliminates the need for physical clinics

4. Digital health literacy refers to the ability to do what?

- A) Write code for health apps
- B) Process health information using technology**
- C) Design medical equipment
- D) Perform remote surgery

5. Which of these is a component of digital health literacy?

- A) Finding and evaluating digital health information**
- B) Repairing digital devices
- C) Buying health insurance
- D) Developing new medicine

6. What does health literacy involve?

- A) Understanding medical terms and health concepts**
- B) Only reading medical textbooks
- C) Writing medical research papers
- D) Prescribing medication

7. What characterizes an empowered e-health user?

A) They feel safe and in control when using services

- B) They never use digital tools
- C) They rely solely on social media
- D) They ignore privacy settings

8. What is one way an empowered e-health user protects their privacy?

A) By reporting problems and avoiding scams

- B) By sharing passwords
- C) By ignoring updates
- D) By using public Wi-Fi only

9. What does active involvement in digital health require?

A) Motivation to learn new skills

- B) A degree in computer science
- C) Unlimited financial resources
- D) Constant internet access

10. What are digital tools in the context of healthcare?

A) Online platforms or software for optimized functions

- B) Physical surgical instruments
- C) Traditional paper records
- D) Medical waiting rooms

11. Healthcare empowerment includes the ability to do what?

A) Set up and use patient portals

- B) Diagnose illnesses without a doctor
- C) Sell medical devices
- D) Create social media advertisements