

**Additional file 4** 6 month knowledge measures (12 items)

**Health Quiz.** Please choose the answer that you think is the most correct.

<p>1. My pharmacist asks if I want the generic brand of my prescribed medicine. What does generic brand mean?</p>	<p>A different brand of your medicine that has fewer doses  A different brand of your medicine that is stronger  A different brand of your medicine that is weaker  <b>A different brand of your medicine that has the same active ingredient and can cost less</b></p>								
<p>2. What does PBS refer to?</p>	<p>A health care professional you would go to if you wanted advice on your diet  A disease that causes high levels of glucose in the blood  <b>The Australian government program that helps to pay some of the cost of your medicine</b>  The organisation in Australia that offers free bowel cancer screening</p>								
<p>3. What information will you not find on a medicine label?</p>	<p>Side-effects  Ingredients  <b>Contact information of your closest GP</b>  What age group can take the medicine</p>								
<p>4. In Australia, who can be helped by the PBS?</p>	<p>People over 55 years old only  People with private health insurance only  Australian residents with chronic diseases (such as cancer) only  <b>Australian residents who have a Medicare card</b></p>								
<p>5. The chances of getting side effects from Medicine X is 76%. Choose one word that describes the risk of getting side effects.</p>	<table border="0"> <tr> <td>Certain</td> <td>Unlikely</td> </tr> <tr> <td><b>Very likely</b></td> <td>Very unlikely</td> </tr> <tr> <td><b>Likely</b></td> <td>Impossible</td> </tr> <tr> <td>Possible</td> <td></td> </tr> </table>	Certain	Unlikely	<b>Very likely</b>	Very unlikely	<b>Likely</b>	Impossible	Possible	
Certain	Unlikely								
<b>Very likely</b>	Very unlikely								
<b>Likely</b>	Impossible								
Possible									
<p>6. Your doctor asks you to 'wait and watch'. What does 'wait and watch' mean?</p>	<p>When you wait in the waiting room and watch TV  <b>When you carefully watch your symptoms without having any treatment</b>  When you carefully watch your symptoms whilst you are having treatment  When you wait for your test results to come back</p>								
<p>7. My father has diabetes and needs to be careful about what he eats. Who can help him plan his meals?</p>	<p>Paediatrician  <b>Dietician</b>  Optometrist  Psychologist</p>								

## Serves quiz

Please mark true or false

- |  |       |
|--|-------|
| 8. 1 whole watermelon = 1 serve of fruit                     | False |
| 9. 2 large eggs = 1 serve of protein                         | True  |
| 10. 2 slices of wholemeal bread = 1 serve of grain foods     | False |
| 11. 1 cup of tea with milk (but no sugar) = 1 serve of dairy | False |
| 12. ½ glass of red wine = 1 serve of fruit                   | False |