Cultural Humility and Competence. With what culture does the person identify? This person identifies with German culture. How does this person define/perceive health and illness and how is this affected by his or her culture? The German culture is very conscious about their health. We are interested in preventing illness and always looking for a cure. To help with healing there are various spas in the area that has water that cure a specific health problem. Describe the person's health maintenance, protection, and restoration traditions and how these have been influenced by culture. For people in Germany health insurance is mandatory regardless of income. Healthcare in Germany is free for low-income families. Private health insurance is also available through employers as well. How has language and/or culture impacted: Germany has eccentric customs and values. I have been in the United States most of my life. I speak more English than German. My parents maintain the same culture here in the States as they did in Germany. We are a Catholic family here as well as Germany. Access to health care. Yes, I have access to healthcare through my job. Communication with health care professionals. I am a nurse here in Virginia. I communicate with health care professionals well. I manage a unit of 45 employees.