



## TeamstersCare Wellness Program Video Quiz

Name: \_\_\_\_\_

**Member's** last four digits of SS # \_\_\_\_\_

Phone number: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Date completed: \_\_\_\_\_

### Quiz- Inflammation Busters: The Key to Disease Prevention

- 1) Inflammation is part of the body's immune response and is essential to the healing process. **True False**
- 2) Acute inflammation is long term and can cause effects on the whole body. **True False**
- 3) Cancer, obesity, diabetes, and asthma are all diseases linked to chronic inflammation. **True False**
- 4) Medication and lifestyle changes are two ways to treat inflammation. **True False**
- 5) Eating healthy and managing stress levels can have a positive impact on inflammation. **True False**

After watching the video, answer the questions above, print the quiz and submit to TeamstersCare by e-mailing to [wellness@teamsterscare.com](mailto:wellness@teamsterscare.com) or faxing to: **617-241-8168.**