

So you think you know wellness? Try Quizzify's Health-and-Wellness Trivia Contest

Team Name _____ (There is a prize for the best team name!¹)

Email(s) _____ Company represented (if any) _____

Both you and your employees should know or learn Questions #1 to #9 -- to save money and improve employee health. Questions #10 to #12 are ones that you, as a purchaser of vendor services and as a benefits designer, should be aware of. There is an emphasis on opioids, a theme of today's conference.

- (1) *The most popular over-the-counter drug in most employee populations is heartburn medication. Which is true about regular long-term daily use of these drugs (Prilosec, Prevacid, Nexium)?*
- a. You should take them every day for them to continue working
 - b. Long-term use causes flatulence
 - c. There are suspected long-term adverse effects not listed on the label, like heart attacks, kidney problems and fractures
 - d. All of the above

___ **Check if #1 is Correct**

- (2) *Are 5 to 10 eggs a week good for you and your employees?*
- a. No. Each egg has more cholesterol than you should eat in a day
 - b. Only the egg whites
 - c. Yes
 - d. Only the egg yolks

___ **Check if #2 is Correct**

- (3) *How does the radiation in a typical CT scan compare to the radiation in an x-ray?*
- a. 100 to 1000 times as much
 - b. 10 to 99 times as much
 - c. About 5 times as much
 - d. About the same
 - e. CT scans don't have radiation, which is why doctors recommend them over x-rays

___ **Check if #3 is Correct**

- (4) *In addition to being useful for menopausal dry eye, fish oil supplements*
- a. Should be recommended to employees, especially employees who don't eat much fish, to protect against heart disease
 - b. Have a lot of calories so you shouldn't recommend them
 - c. Have no value and may possibly harm your employees
 - d. Can cause acne, if taken too often

___ **Check if #4 is Correct**

SCORERS: Please list the total correct on this page right here: _____

¹ To submit for Best Team Name, write your team name (& email) on a piece of paper and bring it up to the front

(5) *Common side effects of painkiller use do NOT include which of the following:*

- a. Cavities
- b. Constipation
- c. Depression
- d. Lethargy
- e. Constricted pupils

___ **Check if #5 is Correct**

(6) *What is the biggest unappreciated risk for employees who have had root canals?*

- a. Tripping off airport metal detectors
- b. Painless decay under the crown
- c. Pain requiring opioids
- d. All of the above

___ **Check if #6 is Correct**

(7) *When taken as directed, how long does it take the first measurable signs of dependency to start?*

- a. 3 hours
- b. 3 days
- c. 3 weeks
- d. 3 months

___ **Check if #7 is Correct**

(8) *What should you do with a tick, after you remove it from your skin?*

- a. Keep it
- b. Flush it down the toilet
- c. Squish it
- d. Send it to someone you don't like

___ **Check if #8 is Correct**

(9) *According to NEJM, the Journal of the American Medical Association, and Choosing Wisely, how often should people in the working-age population get checkups?*

- a. Not at all
- b. Every 5 years
- c. Twice in your 20s, 3 times in your 30s, 4 times in your 40s, 5 times in your 50s and annually after that
- d. Annually

___ **Check if #9 is correct**

SCORERS: Please list the total correct on this page here: _____

- (10) Your wellness vendor claims their screen is 98% accurate for some hidden disease. You screen all 1000 of your employees. If 1-in-1000 employees has this hidden disease, what percent of your screened employees told they tested positive for it will actually have it?
- a. 98%
 - b. 50%
 - c. 20%
 - d. 5%

___ Check if #10 is correct

- (11) The US comprises only 4.6% of the world's population, but it consumes what percent of the world's opioids?
- a. 20%
 - b. 40%
 - c. 60%
 - d. 80%

___ Check if #11 is correct

- (12) How has the average employee co-pay per gram of opioid changed since 1999, according to the last data available (through 2012)?
- a. 200% increase
 - b. 100% increase
 - c. 20% increase
 - d. 75% decrease

___ Check if #12 is correct

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Swap this test with a nearby team after the emcee calls "Time." The scoring team should put their team name and an email contact in the space below

Team name: _____ **Email Contact:** _____

SCORERS: Please list the total correct on this page here: _____

ADD PAGE 1 _____ **+ PAGE 2** _____ **+ PAGE 3** _____ = **TOTAL SCORE** → _____