



wellness@WORK

Test Your Worksite Wellness Knowledge



- 1. If food were health care, what would we pay for a pound of bananas?**
 - \$10.37
 - \$14.50
 - \$16.04
 - \$24.20
- 2. When considering the total cost burden of poor employee health, indirect costs are:**
 - Less than direct medical costs
 - Equal to direct medical costs
 - More than direct medical costs
- 3. What are the top three causes of preventable death and disability in Oregon?**
 - 1.
 - 2.
 - 3.
- 4. Chronic disease accounts for what percentage of total health care spending?**
 - 50%
 - 62%
 - 75%
 - 84%
- 5. True or False: For every \$1 spent on wellness programs, an average of \$5 is saved.**
 - True
 - False
- 6. Name one thing you can do to build a healthy culture at your workplace:**