



AHEALTHYME®

Abridged Wellness Video

QUIZZES

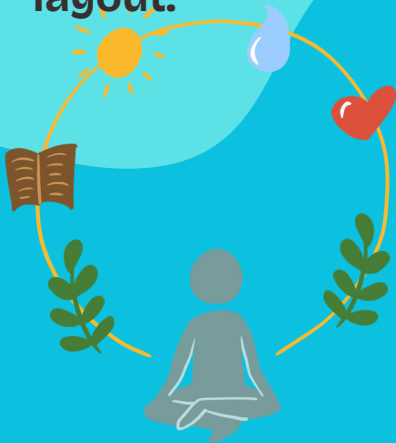
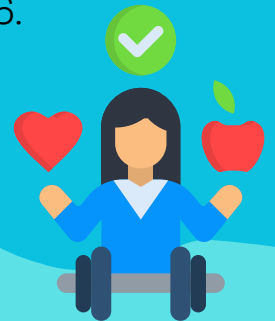
EARN POINTS ON AHEALTHYME

TeamstersCare is pleased continue our partnership with Wellness Concepts to bring you important videos that focus on various aspects of your health and well-being.

Members, retirees and spouses who are participating in the TeamstersCare 2026 wellness program through AHealthyMe can earn 5 points on the platform for each quiz submission, up to a maximum of 15 points. Simply email your answers to wellness@teamsterscare.com by 12/31/26.

BUILDING A HEART SMART PANTRY

1. Name one advantage to having healthy food handy.
2. What is the "Super Duo" that the video host refers to?
3. True or false? All labels on food packages have the same layout.



MINDFULNESS IN EVERYDAY LIFE

1. What percentage of our thoughts tend to be negative?
2. What is one of the Seven Foundational Attitudes of Mindfulness?
3. True or false? External awareness pertains to being present, self-aware and learning how to manage our thoughts.

DETOXIFYING YOUR DIET

1. Which organ is the main filter for the body?
2. True or false? Juice cleanses are a worthwhile investment.
3. What is a food source of prebiotic fiber?

