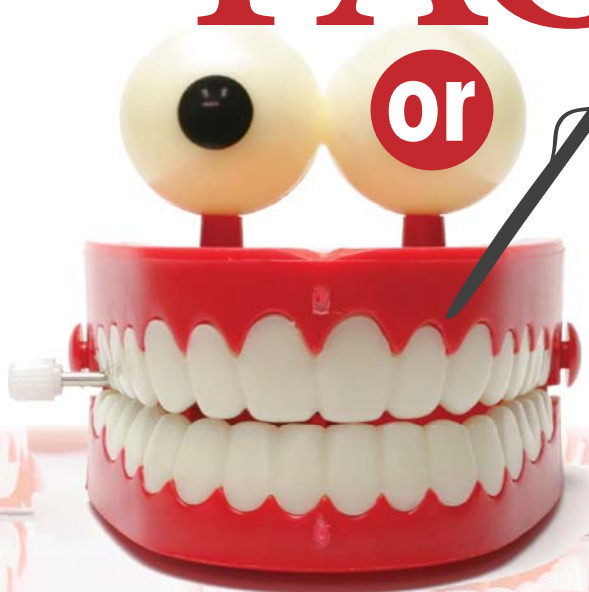


FACT *or* BALLOT *fiction*



Please fill in the following information. Your phone number and/or email address is required so we can contact the winners.



Your full name (please print): _____

Master number (spouse's or own): _____

Are you an employee family member or retiree

Your daytime phone number: () _____

Your email address: _____

Your signature: _____ Date: _____

Please complete the following skill testing question in case you are a prize winner: $[(1 + 48) - 7] \times 2 = \underline{\hspace{2cm}}$

If mailing in your entry form, it must be postmarked on or before December 30, 2011

Mail entries to:

Health Promotion Specialist
Working Toward Wellness at CCI program
Windsor-Essex County Health Unit
360 Fairview Ave. West, Suite 215
Essex, ON N8M 3G4

- The contest runs until Dec. 30, 2011.
- Participation is voluntary.
- This contest is only open to employees, retirees, and their family members of Chrysler Canada Inc.
- Twenty-three prizes will be divided among the various sites, with three reserved for mail-in entries. Chances of winning will depend on the number of entries received.
- Winners will be contacted for income tax reporting purposes.

If you have any questions, please speak to a Wellness Committee Member. Good luck in the contest.

FACT *or* FICTION CONTEST



Read the *Watch your Mouth Health Issues Magazine* and *Personal Health Guide* to learn about oral health. Then, mark the statements below, *Fact or Fiction* based on what you read.

1. You should only visit the dentist if you're having problems with your teeth. *Fact* *Fiction*
2. Flossing helps to remove plaque and bacteria under the gumline and between your teeth that you can't reach with your toothbrush. *Fact* *Fiction*
3. Gum disease is not linked to other health conditions such as heart disease and stroke, respiratory disease, and diabetes. *Fact* *Fiction*
4. Family members can transmit cavity-causing bacteria to children, so it's best to avoid sharing toothbrushes, eating utensils, and cups. *Fact* *Fiction*
5. Even though an infant may not have teeth yet, the risk of developing cavities in future teeth is increased if their bottle contains juice or milk. *Fact* *Fiction*
6. Tobacco use and drinking moderate to high amounts of alcohol don't raise the risk of oral cancer. *Fact* *Fiction*
7. You should replace your toothbrush every three to four months or earlier if the bristles look worn or bent. *Fact* *Fiction*
8. Chewing sugarless gum will help prevent cavities. *Fact* *Fiction*
9. Fluoride helps prevent cavities by protecting your teeth from bacteria that may cause decay. *Fact* *Fiction*
10. Adults should use a pea-sized amount of toothpaste when brushing their teeth. *Fact* *Fiction*

WATCH
YOUR **MOUTH**

