



Health Upgrade Lesson List

Learning Upgrade® Version: June 2024

Lesson #	Lesson Name
1	Health Basics
2	Nutrition
3	Exercise
4	Sleep
5	Relaxation
6	Personal Hygiene
7	Oral Hygiene
8	Mental Health
9	Substance Abuse
10	Menstrual Hygiene
11	Maternal Health
12	Child Health
13	Sexual Health
14	Health Information
15	Medical Facilities
16	Health Professionals
17	Treatment
18	Health Access Payment
19	Medical Tests
20	Viral Disease
21	Bacterial Disease
22	Parasitic Disease
23	Heart Disease
24	Cancer
25	Respiratory Disease
26	Diabetes
27	Immunization
28	Climate Change
29	Environmental Health
30	Final Challenge