



# Health Upgrade Lesson List

Learning Upgrade® Version: August 2025

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	Patient App
19	Telehealth
20	Health Access Payment
21	Medical Tests
22	Viral Disease
23	Bacterial Disease
24	Parasitic Disease
25	Heart Disease
26	Cancer
27	Respiratory Disease
28	Diabetes
29	Immunization
30	Final Challenge