

HEALTH QUEST

DECODE THE NUMBERS
THAT POWER YOUR HEALTH



Discover simple, meaningful insights that help you **understand** and **reduce** your **health risks across eight essential health markers**, including blood pressure, cholesterol, blood sugar, and weight.

In this **self-paced program**, you'll not only **gain clarity** on what these numbers really mean, but you'll also explore impactful lifestyle habits that can **elevate your overall well-being**.

PROGRAM OVERVIEW

- 4 Modules
- Each video module is about 20–30 minutes
- Videos are released weekly
- Additional handouts will be uploaded as resources in the platform



Register anytime between March 2 and May 1.

Program duration is 4 weeks from the time you register.

Scan QR code to register, or copy URL to your browser.

<https://qrco.de/bge2Ki>

