



Put your health knowledge to the test in the Corporate Wellness Quiz! Each organization can enter a team of four, with two reserves, to compete in high-energy rounds designed to challenge what you really know about wellness. With up to 100 points on the line per round, this is your chance to score big for your team without breaking a sweat.



MINISTRY OF
HEALTH &
WELLNESS



MEK A
MOVE

Activity	Requirements	Points	Bonus	Description
Quiz Competition	Organisations may enter one team of four (4) people and two (2) reserves will be allowed to participate	Up to 100 points to be awarded per round: 100 points for 1st place, 50 points for 2nd place, 20 points for 3rd place	No bonus points	Test your health knowledge. Our Health Quiz will test how much you know about health and wellness through a series of matches culminating in a live playoff.

Educational Resources

Category	Description	Link
HSTU	HSTU Google Drive Folder	View Folder
	HSTU Website	hstu.moh.gov.jm
Physical Activity	MOHW Physical Activity Page	Physical Activity
Nutrition	Food-based Dietary Guidelines Folder	View Folder
Infant & Young Child Feeding	IYCF Google Drive Folder	View Folder
NCD	Non-Communicable Diseases Portal	ncdip.moh.gov.jm
Mental Health	MOHW Mental Health & Wellness Page	Mental Health
MOHW	Ministry of Health & Wellness Website	moh.gov.jm