

# Middle East Health & Wellness: Unpacking Viral Mental Health, Health Tech, and Digital Health

Global Health · Practice Test · 4 Questions

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**1. Which Egyptian personality is recognized as a mental health ambassador in the Middle East for founding the EMPWR platform?**

- A) Nelly Karim
- B) Ally Salama
- C) Hend Sabry
- D) Menna Shalaby

**2. Saudi Arabia-based startup Metafare is integrating which advanced technologies to deliver interactive wellness experiences, including physical fitness and mental health support?**

- A) Blockchain and IoT
- B) Virtual Reality (VR) and Artificial Intelligence (AI)
- C) 3D Printing and Robotics
- D) Nanotechnology and Gene Editing

**3. What is the name of the national program launched in the UAE to promote healthy lifestyles and combat obesity among school students?**

- A) FitKids Initiative
- B) HealthyFuture Program
- C) Masar Project
- D) WellnessJourney

**4. Which program in Saudi Arabia focuses on lifestyle modification to prevent or delay Type 2 diabetes?**

- A) Sahha Program
- B) Tawazon Program
- C) Afia Initiative
- D) Hayat Project