

LIFE QUEST

In pursuit of a happy and healthy life




Players
2-6


Age
12+


Time
45-90



About the Game

Welcome to **Life Quest**: In pursuit of a happy and healthy life (Personal Edition) As a citizen of a bustling town with surprises and challenges, various situations can impact your health and well-being. It's up to you to make choices around how you live your life to its fullest. Will you be able to overcome uncertainties and live a healthy life, or will you be overwhelmed by the obstacles?



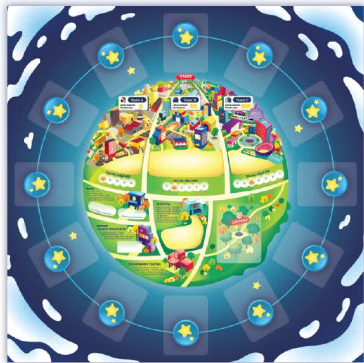
Goal of the Game

The game will end when all the situation cards are opened. Whoever is the healthiest WINS!!!

Game Components

- | | | | | | |
|--------------------|------|------------------|------|---------------------|------|
| 1. Town Board | x 1 | 6. Earning Dice | | 11. Illness Token | x 18 |
| 2. Player Board | x 6 | • White dice | x 4 | 12. Insurance Token | x 10 |
| 3. Character Card | x 6 | • Black dice | x 1 | 13. Coin • 1 Coin | x 20 |
| 4. Situation Card | | 7. Policy Maker | x 3 | • 2 Coin | x 20 |
| • Set A | x 12 | 8. Loan Marker | x 6 | • 5 Coin | x 20 |
| • Set B | x 12 | 9. Player Marker | x 12 | • 10 Coin | x 20 |
| 5. Life Event Card | x 36 | 10. Player Token | x 6 | 14. Player aid | x 6 |

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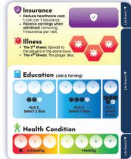
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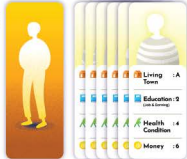
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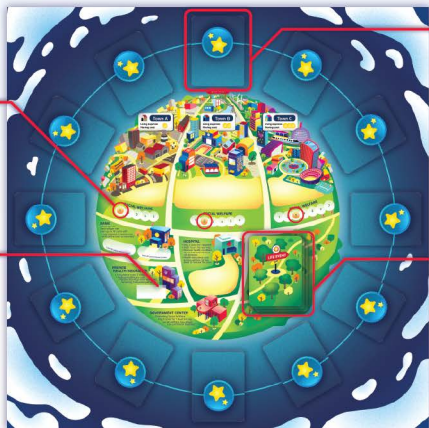
Game Rule

Game Setup

Town Board: Place each game component on the board.

Social welfare token:
Place 1 Social welfare token in each town at the starter welfare. (Yellow spot)

Insurance token:
Place 10 Insurance tokens in the Private health insurance company section.



Situation card:
Place 12 Situation cards around the Town board at random.

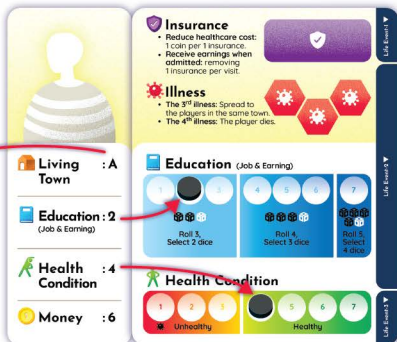
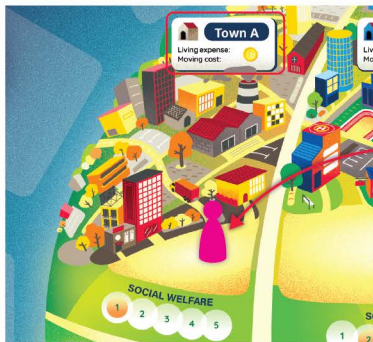
Life event card:
Place 36 Life event cards in the Life event section.

Play Tips: There are 2 sets of situation cards: Set A for basic situations and Set B for advanced situations. For 1st time players, it is suggested to pre-set the event cards by placing the positive situation cards at locations 2, 5, 8, and 11 (has the mini star inside). You can try a more challenging game by shuffling all the cards.



Player board:

1. Each player selects a Player token.
2. Each player gets,
 - 1 Player Token
 - 1 Player Board
 - 2 Player Markers
 - 1 Loan Marker
3. Every player draws 1 Character card randomly.
4. Each player places a Player token in the town and gets Money and Player Makers on the Player Board. (Depends on player's Character card)



Game Play



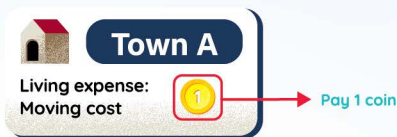
Step 1: Open Situation

- Choose the first player according to agreement and take turns in clockwise order.
- Opens 1 Situation card and all the players receive its effect.



Step 2: Pay Living Expense & interest

- Every player pays Living Expense depending on the town they are staying in.
- The player who has taken out a loan in the previous round must also pay interest.



Step 3 : Live Your Life

Each player play

A. Roll Earning Dice and choose the action

- Roll the earning dices. The number of rolling and selected dice are based on player's education (job level) on the Player's board.
- Choose earnings following the face-up dice, such as get money, do healthy activities or learn.
- The black dice has to be selected every turn.

Education (Job & Earning)

1 ●●●	3 ●●●	4 ●●●●	5 ●●●●	6 ●●●●●	7 ●●●●●●
Roll 3, Select 3 dices		Roll 4, Select 3 dices			Roll 5, Select 4 dices

+

 +

 = Roll 3 dice

Select 1 Select 1 = Select 2 dice

Example:
If you are at the 1st level of the job, roll dice and choose 2 dice (1 from the black and 1 from the white dice).

Dice icon:



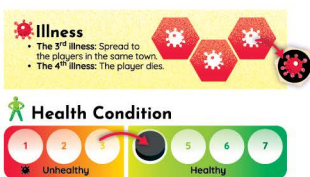
Illness: Get 1 illness token and decrease 1 health level. (If you receive 3rd illness tokens, the illness spreads to all other players in the same town. If you receive 4th illness token, you die and are out of the game)



Life event: Open 1 Life event card and get the effect.



Coin: Earn money according to the number rolled.



Health: Do health-related activities.

- Increase Health in the Player Board.
- Remove Illness by using 1 Health per 1 Illness (all illness has to be removed before increasing Health level.)



Education (Job & Earning)

Roll 3, Select 2 dices

Roll 4, Select 3 dices

Roll 5, Select 4 dices

Example: If your staying town has Social welfare 3 level, you have to pay 1 coin for Education level 4.

Education: Actively learn and get knowledge.

- Free education is limited by Social welfare. If you want more education than social welfare support, pay 1 coin per 1 education.

B. Manage resources:

- **Adjust Personal Conditions according to the earning dice.**

1. Education level

- The Education level relates to earning.

2. Health level

- If your health condition reaches the minimum level, get 1 more illness.
- If the health condition is lower than the indicator, the player dies and is out of the game.

1 1 1 =

Insurance

- Reduce healthcare cost: 1 coin / 1 insurance.
- Receive earnings when admitted: removing 1 insurance / visit.

Education (Job & Earning)

Roll 3, Select 2 dices

Roll 4, Select 3 dices

Roll 5, Select 4 dices

Health Condition

Unhealthy

Healthy

• Buy Insurance (optional)

- Each Insurance costs 3 coins.
- Insurance helps reduce hospital costs, 1 insurance per 1 coin.
- Receive earnings when admitted to the hospital by removing 1 insurance per visit.

C. Do anytime action (optional):

• Loan from Bank:

1. If a player doesn't have enough money they can loan money from the bank.
2. Players can loan up to 10 coins per turn with 1 coin due in interest every turn thereafter until all of the loan is returned. The maximum amount that players can loan is limited to 20 coins.

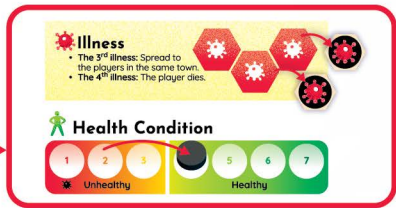


• Admit to Hospital:

1. Pay 3 coins for hospital costs. (Social welfare and insurance help reduce the cost)
2. Cannot roll the dice for 1 round.
3. Remove all illnesses and increase health conditions into healthy. (level 4)

Example:

If you has 1 insurance and lives in a town with Social welfare 1 level, the admit cost will be reduced 2 coins.





Step 4: Policy Promoting

- Increase 1 Social welfare in any town by paying 5 coins. Any player who stays in the same town can contribute together.
- At the end of each round after every player plays their turn, open 1 new Situation card.

Play Tips: The player dies and is out of the game if,

- Player gets the 4th illness.
- Player has Health level less than 1.
- Player is out of money.



How to win the game

The game ends when all the situation cards are opened. The player who has the highest level of health (and well-being) wins.

If there is a tie, count the Illness level (lowest), then the Education level (highest), and then Money is deducted from the loan (highest amount of money remaining after paying loans or smallest loan debt).



Health Condition



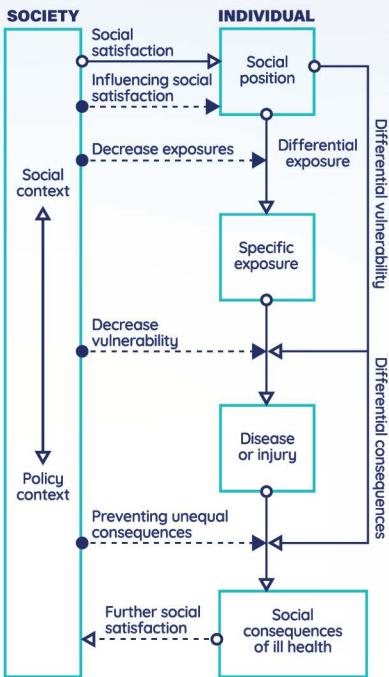
Health Condition



In-Game Health Equity Glossary

- **Health Equity** refers to the concept of ensuring that everyone has a fair and just opportunity to achieve their optimal health and well-being, regardless of their social or economic status. Health equity involves addressing the social determinants of health and reducing health disparities between different population groups.
- **The social determinants of health** are the conditions in which people are born, grow, work, live, and age, and are the wider set of forces and systems shaping the conditions of daily life. These forces and systems include economic policies and systems, development agendas, social norms, social policies and political systems, all of which influence health outcomes.
- **The Diderichsen model** (Picture) is a framework that explains the social determinants of health disparities. It emphasizes the importance of social factors such as income, education, and occupation in shaping health outcomes. The model also highlights the role of power structures and social inequalities in creating and perpetuating health disparities. Overall, the Diderichsen model provides a comprehensive understanding of the complex social factors contributing to health disparities. In addition, the model identifies policy entry points in the pathways to social inequities in health, emphasizing the importance of addressing the social determinants of health to reduce health inequalities.

The Diderichsen model



- **Health disparities** refer to the differences in health outcomes and access to healthcare among different groups of people and are often caused by social inequalities and structural factors. These disparities can impact disease prevalence, mortality rates, healthcare utilization, and well-being.
- **Social stratification** refers to individuals' or groups' hierarchical ranking based on shared socioeconomic or socio-cultural conditions.
- **Social context** refers to the social environment in which individuals live, including cultural, economic, and political factors that shape their experiences and opportunities.
- **Policy context** refers to the political and institutional frameworks that shape policies and programs to address social issues and promote social welfare.
- **Social position** refers to an individual's place in the social hierarchy which is often determined by income, education, occupation, and social status.
- **Exposure** refers to the degree to which individuals or populations are exposed to social, environmental, or health-related risks or hazards.
- **Vulnerability** refers to individuals' or populations' susceptibility to adverse social, environmental, or health-related outcomes, often due to poverty, discrimination, or lack of access to resources.
- **Socioeconomic** refers to the intersection of social and economic factors that shape an individual's social position, including income, education, and occupation.
- **Illness** refers to a state of poor health or disease that affects an individual's physical, mental, or emotional well-being. Various factors, including genetic disorders, infections, injuries, and environmental factors, can cause illness.
- **Disease** refers to a specific medical condition or disorder that affects the normal functioning of the body or mind. Various factors, including genetic mutations, infections, and lifestyle factors, can cause diseases.
- **NCDs** refer to non-communicable diseases, chronic medical conditions that are non-infectious and occur over an extended period. They are often associated with a number of risk factors, including unhealthy diet, physical inactivity, tobacco use, harmful use of alcohol, environmental factors, genetics, and socioeconomic factors. Examples of NCDs include heart disease, cancer, and diabetes.
- **Genetic disorder** refers to a medical condition caused by abnormalities in an individual's DNA or genes. Genetic disorders can be inherited or caused by spontaneous mutations.
- **Mental health** refers to the state of emotional, psychological, and social well-being that affects how an individual thinks, feels, and behaves. Various factors, including genetics, environment, and life experiences, can influence mental health.

- **Health prevention** refers to taking proactive measures to prevent illness or disease before it occurs. Health prevention can include lifestyle changes, vaccinations, and regular health screenings.
- **LGBTQ+** refers to an acronym for lesbian, gay, bisexual, transgender, queer/questioning, and other sexual and gender identities. LGBTQ+ individuals may face unique health challenges related to discrimination, stigma, and lack of access to healthcare.
- **A minority group** refers to a group of people in a minority position in society, often due to factors such as race, ethnicity, religion, or sexual orientation. Minority groups may face social and economic disadvantages impacting their health and well-being.
- **Social discrimination** refers to the unfair treatment of individuals or groups based on their social identity, such as race, gender, or sexual orientation. Social discrimination can have adverse effects on physical and mental health.
- **Social support** refers to the emotional, practical, and informational assistance family, friends, and community members provide. Social support can have positive effects on physical and mental health.
- **Government support** refers to the assistance government programs and policies provide to individuals and communities in need. For example, government support can include healthcare programs, social welfare programs, and disaster relief efforts.
- **Social welfare** refers to policies and programs promoting the well-being of individuals and communities, including social safety nets, healthcare, and education.
- **Policy** refers to principles, guidelines, or rules that guide decision-making and action in a particular area. Policies can be implemented through laws, regulations, or other mechanisms and can significantly impact individuals and society. Therefore, effective policy development requires careful consideration of the evidence, stakeholder input, and potential impacts.

A Facilitator's Guide to In-Game and Post-Game Learning

Life Quest: In Pursuit of a Happy and Healthy Life (Personal Edition) is a board game that allows players to experience various life situations while being aware of health equity and the impact of social determinants on individual health, well-being and life trajectories. It is suitable for health professionals, individuals working in related fields, and anyone interested in understanding the complexities of health equity.

The game's learning objective is to help players understand the factors contributing to health and how social structures can impact individual health inequities. It is based on The Diderichsen model, which explores the social basis of health disparities.

The facilitator's role involves explaining the game rules, offering gameplay assistance, formulating thoughtful questions to enhance the learning experience and facilitating post-game dialogue and reflection.

While playing games is fun, the conversation after experiencing the game is crucial to individual and group learning. Below are some sample facilitator's questions to ask players after they have had a chance to play the game.

General reflection

These are some examples of questions that can stimulate player's thinking.

They aim to kick-start the conversation by asking broad questions about the playing and learning experience.

For example:

- How did you feel during the game and why?
- What were some of your key observations?
- What was the most challenging aspect of the game and why?
- What was the cause of that situation and why?
- What did you observe and learn from the game?
- How does this game reflect on health equity?

Looking at Health Equity

To narrow the focus on health equity, it is essential to ask specific questions.

For example:

- What individual factors in the board game did you notice influenced health outcomes and how?

- What broader community and system factors in the board game did you notice influenced health outcomes and how?
- How does social context, such as social norms, influence health and health equity?
- How does differing policy context influence health?
- What influenced exposure to health disparities and how?
- How can we decrease vulnerability or prevent health inequities?

After bringing in their learning, the facilitator could introduce the concept and model of social determinants of health at this stage.

In addition, the facilitator could relate the questions to the current situation in their community.

For example:

- What is the current health equity situation in your country or community? Did you resonate with the board game in any way in this respect?
- What are some of the main factors that are influencing this situation in your country or community?
- How can we enhance health equity in your country or community?

Facilitators can adapt these example questions based on attendees' knowledge, profiles and available time. They can utilize the game board details, event cards, and life events to spark conversations in the game. As the number of plays increases, players may encounter different situations that provide opportunities for further learning.

Life Quest may not be just a game, it's a journey towards understanding health equity. While the game ends, the conversation continues, bringing us closer to a world with fewer health inequities. Keep playing, asking questions, and working for a healthier world for all.

Facilitation Tips:

The facilitator may ask the participant to note any situation or event during the game for later discussion.



Game Development

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Disclaimer: This game may contain disturbing contexts which may cause unpleasant feelings or discomfort. We encourage players to play with an open mind. Please get ready to dive into “Life Quest: In pursuit of a happy and healthy life (Personal Edition)” and explore health equity and the intersectional factors that affect it! Let’s go and enjoy the game together!