Wealth in Wellness
a Falak Holding Initiative

PLAYBOOK | Falak Holding القابضة



2026

The Executive Health Playbook

A short, practical guide for women who run things

Welcome

You manage budgets, teams, and deadlines

This playbook helps you manage the asset underneath all of it. It is short on purpose: three sections, a few checklists, and the places to turn to in the Kingdom.

> Building Wealth Means Protecting Your Greatest Asset: **Your Health**

How to use it

Read one section a week. Tick the checklists. Write your questions in the back and take them to your doctor.

1

Know your baseline

You track your portfolio.

Early detection starts with knowing what is normal for you, noticing changes, and talking to a doctor early.

- [ ] I know how my breasts normally look and feel, and I notice changes.
- [ ] I know my family health history (see the next page)
- [ ] I know the date of my last check-up
- [ ] I know when I should start screening for my age and history
- [ ] I have booked my next appointment

1

Know your baseline

Family health history

Fill this in with your family and bring it to your next appointment. Note who had what, and at what age.

Relative	Condition	Age

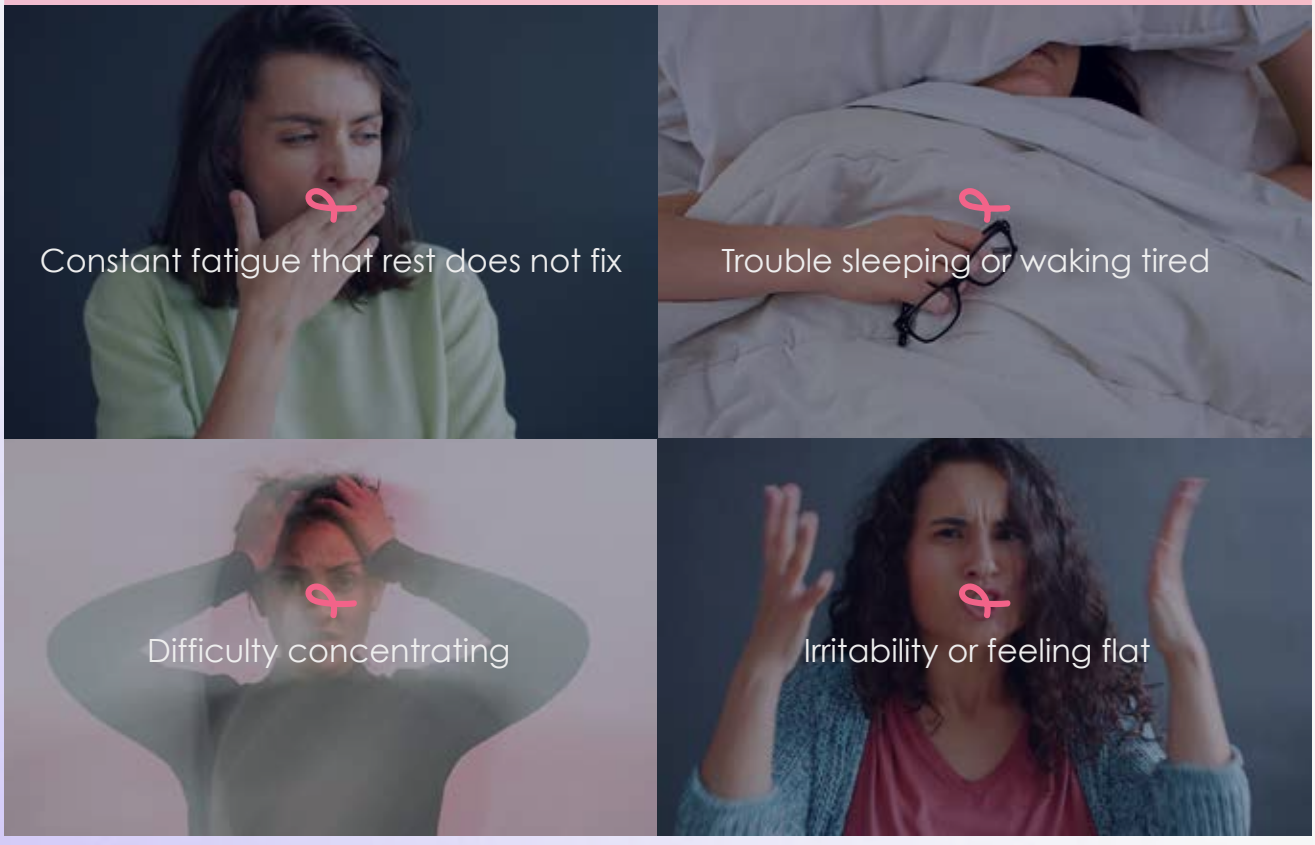
2

Burnout and cortisol

Burnout is not a leadership style

Long-term stress can show up in your sleep, mood, and energy.

Signals to notice



2

Burnout and cortisol

Your weekly reset

Put rest in your calendar the way you put in meetings. Write one thing that recharges you each day.

Day	One thing that recharges me

My non-negotiables this week

3

Screening in the Kingdom

Three places to start

Sehaty Ap

- Book through official Ministry of Health channels

MOH 9378

- Call for health guidance and referrals

Zahra Association

- Mobile screening units and official screening referrals.

Services and eligibility change. Confirm details on the official channels before you go

3

Screening in the Kingdom

My health calendar

Book it, write it down, tick it off.

Appointment	Date	Done

3

Screening in the Kingdom

Questions for my doctor

3

Screening in the Kingdom

Notes

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