





**Health is a valuable possession.
Take care of yours.
Visit healthmatters.idaho.gov**

- Monthly Hot Topics
- Online Health Resources
- Personal Health Assessment
- Local Health Care Contact Info
- Monthly Newsletter
- Stress Tips
- Tobacco Cessation Resources
- Success Stories
- Healthy Recipes
- Posters
- Classes and Clinics
- Wellness Events
- Health Tools
- Employee Discounts
- Wellness Ideas

**Make Health Matters
your connection
to health resources!**



**Health is a valuable possession.
Take care of yours.
Visit healthmatters.idaho.gov**

- Monthly Hot Topics
- Online Health Resources
- Personal Health Assessment
- Local Health Care Contact Info
- Monthly Newsletter
- Stress Tips
- Tobacco Cessation Resources
- Success Stories
- Healthy Recipes
- Posters
- Classes and Clinics
- Wellness Events
- Health Tools
- Employee Discounts
- Wellness Ideas

**Make Health Matters
your connection
to health resources!**

