



Your energy. Your attitude. Your health.



Your energy. Your attitude. Your health.

**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
- Smoking Cessation Resources
- Success Stories
- Healthy Recipes
- Posters
- Upcoming Classes and Clinics
- Wellness Events
- Health Tools
- Employee Discounts
- Wellness Ideas
- Wellness Blog
- Medical Self Care Tips

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
- Smoking Cessation Resources
- Success Stories
- Healthy Recipes
- Healthy Recipes
- Posters
- Upcoming Classes and Clinics
- Wellness Events
- Health Tools
- Employee Discounts
- Wellness Ideas
- Wellness Blog
- Medical Self Care Tips

Make Health Matters your connection to health resources!