

Health Promotion and Disease Prevention Program (HPDP)

9 Healthy Living Messages Community Resources

HPDP Primary Goal

A primary goal of the HPDP Program is to conduct an environmental scan of services and programs related to health promotion and disease prevention at our VA facilities and CBOCs.

- ⌘ What resources does the Boise VA offer to support healthy living?
 - Women Veterans Program
 - Services provided: breast exams, gynecologic care, birth control, mammograms, infertility care, obstetrics/maternity and behavioral health services. For more information contact Nancy Daniels at 422-1324
 - Living Well Group
 - Smoking Cessation Clinic
 - If you receive your care at the Boise VA main facility in Boise, call 208-422-1000 (select option 4, and then choose your team, and ask to speak to the nurse). For CBOC and Outreach Clinic Locations: Call your clinic location phone number and ask to speak with the nurse.
 - MOVE! Weight Management Program
 - Contact Ramona “Mona” Randall at 422-1000 ext. 7917 or visit www.MOVE.va.gov for helpful tips
 - Healthy Eating Class
 - Meditation & Mindfulness Class
 - Contact Wendy Cary at 422-1000 ext. 7743



Boise VA Medical Center
500 West Fort Street
Boise, Idaho 83702
Telephone: (208) 422-1000



- ⊕ More services offered by the Boise VA Medical Center
 - Substance abuse treatment programs
 - Contact Tom Hogan at 422-1000 ext. 7513
 - Stress Management /Short Term Brief Therapy
 - Integrated Care Team – 422-1163
 - PTSD Treatment- Behavioral health
 - Call 208-422-1000 ext.1145
 - Suicide Prevention Coordinator
 - Contact Mary Pierce at 422-1000 ext. 7517
 - Military Sexual Trauma
 - Contact Wendy Taylor at 422-1125
 - Diabetes Group
 - Hepatitis C Education Class – 4th Thursday of each month except December
 - Contact Pat Michas, RN at 422-1000, ext. 4108



If you are interested in these VA resources please contact your medical team for more information.

⊕ What can I do to help improve my health?

Implement the 9 Healthy Living messages in your daily routine.

1. Be Involved in Your Health Care
2. Be Tobacco Free
3. Eat Wisely
4. Be Physically Active
5. Strive for a Healthy Weight
6. Limit Alcohol
7. Get Recommended Screening Tests and Immunizations
8. Manage Stress
9. Be Safe
 - a. Prevent Sexually Transmitted Infections (STIs)
 - b. Prevent Falls
 - c. Prevent Motor Vehicle Crashes and Injury



Visit http://www.prevention.va.gov/nine_healthy_living_messages.asp for more information on the 9 Healthy Living Messages.

This list contains resources outside of the VA.

*Indicates that the link leads to a non-VA website.
The VA is not responsible for content on these sites.

1. Be Involved in Your Health Care

- a. VHA National Center for Health Promotion and Disease Prevention:
www.prevention.va.gov
- b. MyHealthVet – The Gateway to Veteran Health and Wellness:
<http://www.myhealth.va.gov>
- c. Healthfinder – Quick Guide to Healthy Living, Take Charge of Your Health*:
<http://healthfinder.gov/prevention/ViewTopic.aspx?topicId=78>
- d. Ask Me three – National Patient Safety foundation*:
<http://www.npsf.org/askme3/>
- e. Senior Solutions
Location: 3010 W. State Street, Suite 120, Boise
Phone Number: 208-345-7777
Senior Solutions helps seniors remain as independently as possible. They help seniors with personal care, discount taxi rides, and information about more resources. Their services are provided on a sliding fee scale or by donations.

2. Be Tobacco Free

- a. QuitNet
Contact information: <http://idaho.quitnet.com/> or the Idaho CareLine at 1-800-926-2588.
QuitNet offers support through forums, chat rooms, expert advice, a directory of local programs, information about different products to help you quit. Resources on their website are free. You do not have to register with their website to find resources. Get a FREE (\$60 to \$100 value) 4-week supply of nicotine replacement therapy (NRT).
- b. QuitLine – Real People, Real Experts
Contact information: <http://www.quitlinenc.com/> or 1-800-784-8669
QuitLine provides one-on-one support through experienced Quit Coaches. Your Quit Coach will work with you to develop a plan and help you stick with the plan. Your Quit Coach will be available from 8 a.m. to 3 a.m., seven days a week. Get a FREE (\$60 to \$100 value) 4-week supply of nicotine replacement therapy (NRT).
- c. Project Filter
Contact information: 208-334-0631 or www.projectfilter.org
Project Filter works with different organizations to help people find the resources to help them quit.

- d. Central District Health Department – Tobacco Prevention, Tobacco Cessation and Cancer Control
Phone number: 208-327-8543
- e. South Central Public Health District – Free Tobacco Cessation Classes
Contact information: 737-5988
- f. Local Tobacco Cessation Classes
Contact information: 2-1-1 or 1-800-926-2588
The health district provides classes at no charge. Topics covered in class are: information and tips on how to quit, new coping skills, nutrition and physical activity tips to help avoid weight gain, and stress management
- g. Terry Reilly-Tobacco Cessation Classes
Locations and contact information:

Boise- 208-344-3512	Melba- 208-495-1011
Caldwell- 208-459-1025	Middleton- 208-585-0048
Homedale- 208-337-3189	Nampa- 208-466-7869
Marsing- 208-896-4159	
- h. Behavioral Preventive Health Assistance – Tobacco Cessation
Information:
<http://www.healthandwelfare.idaho.gov/Medical/Medicaid/PreventiveHealthAssistance/tabid/221/Default.aspx>
Contact information:
Phone: (877) 364-1843
Email: medicaidphaprogram@dhw.idaho.gov
To qualify for this benefit you must complete a Health Questionnaire. You earn points by signing up to participate in tobacco cessation activities. After you earn PHA points you can trade them in (one point = \$1) for an authorization that can be used at businesses and organizations that accept the PHA benefit. Tobacco Cessation participants receive a voucher to help pay for tobacco cessation products at a participating vendor

3. Eat Wisely

- a. MyPlate
Contact information: <http://www.choosemyplate.gov/>
MyPlate is an online source that can help you make better food choices.
- b. Bountiful Baskets Food Co-op
Contact information: <http://bountifulbaskets.org/>

Bountiful Baskets is a non-profit food co-op for families who would like to eat fresh produce for a smaller cost. A Conventional Basket is \$15, and \$25 for a 100% Certified Organic Basket. Go to: http://www3.bountifulbaskets.org/?page_id=6 for location information.

c. Weight Watchers

Contact information: www.weightwatchers.com

Fees apply to join, go to website and enter your zip code to find out about local meetings.

4. Be Physically Active

a. The YMCA

Locations:

-Downtown Boise, 1050 W. State Street

Phone number: 208-344-5501

-West Boise, 5959 North Discovery Place

Phone number: 208-377-9622

-Meridian / Eagle, 936 Taylor Avenue

Phone number: 208-855-5711

-Caldwell, 3720 Indiana Avenue

Phone number: 208-454-9622

b. Idaho Physical Activity and Nutrition Program (IPAN) encourage every Idahoan to participate in more outdoor events. Visit: <http://www.visitidaho.org/children-in-nature/assets/documents/101thingstodooutside-flyer.pdf> to get a list of "101 Things to Do Outside" that you can do, your family, or friends.

c. Fitness 19- 24 Hour Gym

Contact information: www.anytimefitness.com

There is a monthly fee and sometimes start up fees. They are located all throughout the Boise area.

d. Boise Senior Center Exercise Classes (50+)

Located at 690 Robbins Road

Phone: 208-345-9921

Hours: 8am to 5pm Mon-Friday.

Go to www.boiseseniorcenter.com

5. Strive for a Healthy Weight

a. Overcomers Outreach

i. Pro Active Advantage

Location: 2223 Overland, Burley
Meeting time: Wednesday at 8pm
Phone number: 208-878-7449

- ii. First Baptist Church
Location: 2262 Hiland Ave, Burley
Meeting time: Wednesday at 6:30pm
Phone number: 208-678-3678
- iii. First Baptist Church
Location: 221 East Linden, Caldwell
Meeting time: Tuesday at 7pm
Phone number: 208-459-4614
- iv. St John Lutheran Church
*Women only
Location: 290 7th Street, Idaho Falls
Meeting time: Tuesday at 7pm
Phone number: 208-522-5650
- v. Valley View Church of the Nazarene
Location: Route 1 Box 299, Kamiah
Meeting time: Thursday at 7pm
Phone number: 208-935-2343

Overcomers Outreach support groups use the Bible and the 12 Steps of Alcoholics Anonymous to help individuals who are affected by alcohol, mind altering drugs, sexual addiction, gambling, food and other compulsive behaviors or dependencies.

- b. Weight Watchers
Information: www.weightwatchers.com
- c. Behavioral Preventive Health Assistance – Weight Management
Information:
<http://www.healthandwelfare.idaho.gov/Medical/Medicaid/PreventiveHealthAssistance/tabid/221/Default.aspx>
Contact information:
Phone: (877) 364-1843
Email: medicaidphaprogram@dhw.idaho.gov
To qualify for this benefit you need to complete a health questionnaire and be a Medicaid recipient. Participants receive a voucher to help pay for their weight management program fees at a participating vendor.

6. Limit Alcohol

- a. The Walk Center – Addiction Treatment Programs
Location: 605 11th Avenue East. Gooding
Phone Number: 1-800-227-4190 or 208-934-8461
- b. Alcoholics Anonymous - www.alcoholicsnonymous.org

- c. Idaho Area 18 Alcoholics Anonymous -
<http://www.idahoarea18aa.org/main/about.htm>
Visit their website for meeting dates and times.

d. Overcomers Outreach

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7. Get Recommended Screening Tests and Immunizations

- a. Planned Parenthood – Free Breast Cancer Screening
 - i. Boise
Location: 3668 North harbor Lane
Phone number: 1-800-230-7526 or 208-376-9300
Date and time: June 6th and 27th from 9am to noon
 - ii. Twin Falls
Location: 200 North 2nd Street
Phone number: 1-800-230-7526 or 208-734-9955
Date and time: April 22nd, June 17th, and August 19th from 11am to noon
- b. Saint Alphonsus Meridian Health Plaza– Free Cardiac and Stroke Screening
Location: 3025 West Cherry Lane, Meridian
Phone number: 208-367-4220
Date and time: April 27, 2012 from 7am to 10am

To register for you free screening visit: <http://www.saintalphonsus.org/event-cardiacscreening.html>

- c. Idaho Skin Institute and Med Spa – Free Pocatello Skin Cancer Screening Clinic
Location: 147 West Chubbuck Road, Chubbuck
Phone number: 208-238-7546
Date and time: First Tuesday of each month from 5pm to 7pm.
- d. St. Luke's - Free Skin cancer Screening Clinic
www.stlukesonline.org
Location: 100 East Idaho Street, Boise
Phone number: 208- 381-9000, select option 2
Date and time: Call for information.
- e. Saint Alphonsus – Free Annual Skin Cancer Screening
<http://www.sarmc.org/event-skincancerscreening.html>
Location: 1055 N. Curtis Road, Boise
Phone number: 208-367-7954
Date and time: April 28, 2012 from 8am to noon
Screenings are free, but you need to pre-register on their website.
- f. St. Alphonsus- Free Prostate Screening on September 26th and 27th
Contact information: 367-7954
<http://www.saintalphonsus.org/event-prostate.html>
Please refer to the above website for time and location information as well as, the registration process.
- g. Cholesterol Screening and Cardiac Risk Assessment
<http://cdhd.idaho.gov/chec/Cholesterol/choles.htm>
Clinics:
 - Boise
Location: 707 North Armstrong Place
Phone number: 208-327-8547
Appointments: First Tuesday of the month; this is a walk in clinic between 6:30am and 9am
 - Mountain Home
Location: 520 East 8th Street
Phone numbers: 208-587-4407
Appointments are scheduled the second Wednesday of the month in February, May, August and November. The walk in clinic is between 7am to 9am.Screening includes HDL/LDL levels, Cholesterol/HDL ratio, triglycerides, blood pressure check, and nutrition and exercise guidelines. Please visit their website to download and complete the two forms before to your appointment. The cost for this screening is \$20.00.
- h. Saint Alphonsus Medical Center - Nampa Cardiac Rehabilitation – Diabetes: Tips to Improve Control

Location: Saint Alphonsus Nampa – Spring Room

Phone number: 208-463-5392

Date and time: second Wednesday of the Month at 2:00 p.m.

Topic Schedule:

What You Should Know About Sodium, Fat and Cholesterol in Your Diet - January, April, July, October

Portion Control, Healthy Eating & Fiber - February, May, August, November

Diabetes: Tips to Improve Control - March, June, September, and December.

Cost: Free

- i. Southwest District Health – Diabetes Prevention and Control Program
Contact information: 208-455-5345
Provide educational material about diabetes.

- j. Idaho Diabetes Resource Guide
<http://healthandwelfare.idaho.gov/Health/DiseasesConditions/Diabetes/DiabetesResourceGuide/tabid/1230/Default.aspx>
For local resources in your community visit their website. The guide includes diabetes resources outside of the clinical setting, like diabetes education programs, pharmacies, support groups, and transportation services.
Contact information: 208-455-5345

- k. Southwest District Health – Colon Cancer Prevention / Screening
Contact information: 208-455-5345

- l. Free Community Health Screening
*Event takes place one time a year, call for information.
Where: Immanuel Lutheran Church, 707 West Fort Street, Boise, Idaho
Contact information: 208-373-1700
Free screening and Health Services Offered:
 - Basic Physical Exam/ Assessment (Includes Blood Pressure Check, Foot Exam & Medication Review)
 - Hearing Screening
 - Depression & Alcohol Screening Questionnaires
 - Oral/Dental Health Evaluation
 - On-site Testing for Blood Sugar Levels & HIV
 - Flu Shots
 - Mammogram Referrals
 - Disease Education
 - Diabetes Education
 - Nutritional Education
 - Dental Education

- m. Garden City Community Clinic Genesis World Mission
Location: 215 West 35th Street, Garden City
Phone Number 208-384-5200

- They provide medical and dental services for low-income, uninsured patients. Call for details.
- n. Sonshine Family Health Clinic
Location: 2308 North Cole Road #H, Boise
Phone number: 208-375-8806
 - o. The Friendship Clinic
*By appointments only
Location: 704 South Latah, Boise
Phone number: 208-429-6678
They provide free basic health care services to low income individuals and families.
 - p. Foot Care Clinics
Appointments are required.
Locations:
 - Boise
Wynwood Alterra - 739 E. Parkcenter Blvd.
Boise Senior Center - 690 E Robbins Rd.
Risen Christ Church - 11511 W. Lake Hazel Rd.
Heatherwood - 5277 Kootenai St.
St. Luke's Humphreys Diabetes Center - 1226 River St.
Mountain View Church of the Brethern - 2823 N. Cole Rd.
Northgate Senior Village - 5901 Ellen's Ferry Rd.
St. Mark's Church - 7500 Northview
BonAventur - 5890 N. Five Mile Rd.
 - Meridian
St. Luke's Humphreys Diabetes Center - 520 E. Eagle Road, Suite 1229 (In St. Luke's Meridian Medical Center)
 - Eagle
Eagle Senior Center - 312 E State St.
 - Garden City
Mallard Point Apartments - 506 E. 50th St.
Cost: \$30 - Cash or Checks accepted.
 - q. Southwest District Health - Reproductive Health (Family Planning)
Contact information: 208-455-5345
Services physical exams, counseling, pap smears, contraceptives, natural family planning, community education and referrals.
 - r. Planned Parenthood – Free Breast Cancer Screening
 - i. Boise
Location: 3668 North harbor Lane
Phone number: 1-800-230-7526 or 208-376-9300
 - ii. Twin Falls
Location: 200 North 2nd Street

Phone number: 1-800-230-7526 or 208-734-9955

They provide services in the following categories: abortion, birth control, body image, general health care, men's sexual health, morning-after pill, pregnancy, relationships, sex and sexuality, sexual orientation and gender, sexually transmitted diseases (STDs) and women's health.

s. Women's Health Check

Contact information: 2-1-1 or visit:

<http://www.healthandwelfare.idaho.gov/Portals/0/Health/WHC/Enrollment%20Centers%2012011.pdf>

Women's Health Check provides free breast and cervical cancer screening to women. If you think you may qualify for free screening through Women's Health Check please contact the 2-1-1 Idaho CareLine phone number or visit the link that is above.

t. Mental Health Care

i. Terry Reilly Dental Services

Location: 2301 North 36th, Boise

Phone number: 208-336-8801

Hours: Monday – Friday, 7:30am to 6pm

Provide a sliding scale.

ii. I.S.U. Family Education and Counseling Center – I.S.U. Health Science Center

Location: 1311 East Central Drive, Meridian

Phone number: 208-373-1719 – call for appointments.

iii. About Balance

Location: 6550 West Emerald St # 108, Boise

Phone number: 208-342-6300

Hours: Monday – Friday, 9am to 5pm, call for after hours.

They provide medication management, mental health screening and intervention, and counseling. They have a sliding scale.

iv. Allumbaugh House

Location: 400 N. Allumbaugh Street, Boise

Phone number: 208-377-9669

Hours: 24/7, by referrals only.

They provide short term mental health services, detoxification, and sobering to Treasure Valley residents. Cost is free, but you must be 18 or older and live in region 4.

v. Methodist counseling Center

Locations: Boise – 717 North 11th Street, Meridian – 235 East Pine Avenue,

Eagle – 651 North Eagle Road, and Nampa – 2717 12th Avenue.

Phone number: 208-319-1002

Hours: by appointment.

vi. Catholic Charities of Idaho

Location: 4202 West Emerald, Boise

Phone number: 208-345-6031

Hours: Monday – Friday, 9am to 5pm

vii. Access Mental Health

Locations: Boise – 1276 River Street, Suite 100, phone number: 208-338-

4699. Nampa – 3307 Caldwell Blvd., Suite 104, phone number: 208-465-4833

They provide services on a sliding scale for Medicare and Medicaid patients.

viii. National Suicide Prevention:

Phone number: 1-800-273-8255

They provide 24/7 crisis suicide hotline.

ix. Region 4 Mental Health – Department of Health and Welfare

Phone number: 208-334-0808

They provide services to the following counties: Valley, Elmore, Boise, and Ada. Cost is based on a sliding scale.

u. Hearing Centers

i. Audiology and Hearing Aid Center

Location: 1740 N. Milwaukee, Suite A, Boise

Phone: 208-658-0238

ii. Southwest Idaho ENT

Location: 900 North Liberty, Suite 400, Boise

Phone: 208-367-3320

iii. House of Hearing

Location: 5513 Glenwood Street, Suite B, Garden City

Phone: 208-375-6600

iv. Elks Hearing and Balance Center

Boise - 510 North 2nd Street, Suite 201, Phone number: 208-489-4999

Eagle - 3101 East State Street, Phone Number 208-489-4975

Meridian - 520 S. Eagle Road, Suite 1225, Phone number 208.489-5999

Nampa - 172 2nd Street South, Phone Number 208-489-5950

Ontario, Oregon - 1182 SW 4th Avenue, Phone Number 541-881-0970

v. Dental Care

i. Unity Medical Clinic

Location: 745 South Progress Ave, Meridian

Phone number: 208-895-6729

Hours: 7 days a week, 8am to 8pm

Provides affordable and sliding scale dental care, call first.

- ii. I.S.U. Dental Clinic - IAGD Residency Clinics
 Location: 2033 East Summersweet Drive, Boise
 Phone number: 208-331-0182
 Hours: Tuesday – Friday, 8:30am to 4pm

- iii. Milan Dental Clinic
 Location: 8590 West Fairview Avenue, Boise
 Phone number: 208-672-9500
 Hours: Monday, Wednesday, Friday 8am to 5pm, Thursday 11am to 7pm, and they are open every other Saturday.

- iv. Terry Reilly Dental Services
 Location: 2301 North 36th, Boise
 Phone number: 208-336-8801
 Hours: Monday – Friday, 7:30am to 6pm
 Provides sliding scale and free dental care for homeless and formerly homeless; Medicare, Medicaid, and private insurance are accepted.
 Appointments are required.

- v. Carrington College
 Location: 1122 North Liberty Street, Boise
 Phone number: Free dental hygiene care

w. Terry Reilly

Locations and contact information:

Boise- 208-344-3512

Melba- 208-495-1011

Caldwell- 208-459-1025

Middleton- 208-585-0048

Homedale- 208-337-3189

Nampa- 208-466-7869

Marsing- 208-896-4159

Services Offered:

Free Pregnancy Testing

Physical Exams

Chronic Disease Management for:

-Asthma

-Obesity

-High blood pressure

-Hepatitis C

-Diabetes

-Cholesterol

STD Testing & Treatment

Vaccinations

Family Planning (Including Vasectomies and IUDs)

Pap Smears (Cervical Cancer Screenings)

Mammogram Referrals (Free & Discounted Mammograms for Qualifying Patients)

Family Planning and Affordable Contraception Options

STD Testing & Treatment
Colposcopies & LEEPS (Diagnostic Testing)
Immunizations

Terry Reilly accepts Idaho Medicaid and most private health insurance health plans. Terry Reilly accepts Medicare and for some qualifying patients Medicare's patient co-pay can be waived. Patients without insurance are always welcome at Terry Reilly. Adult patients without insurance who need immunizations will need to pay for the cost of the immunization at the time of service. For most services discounts to individuals without insurance are provided. To qualify for discounts you need to provide complete proof of income and your income must meet qualifying requirements.

8. Manage Stress

- a. Yoga Tree of Boise
Address: 207 W. Washington Street, Boise, Idaho 83702
Contact information: 208-631-4727 or jenniferk@clearwire.net
Monthly membership fee of \$45 or \$10 per drop in class.
- b. Idaho Events Calendar- <http://events.ktvb.com/>
- c. Boise Senior Center activities
Located at 690 Robbins Road
Phone: 208-345-9921
Hours: 8am to 5pm Mon-Friday.
Go to www.boiseseniorcenter.com
Activities include: Exercise classes, card games, line dancing, bingo, carpet bowling, and chair strengthening exercises. Web site has full schedule, with a calendar of events and good information.
- d. Nampa Senior Center
Location: 207 Constitution Way
Phone number: 208-467-7266
- e. Meridian Senior Center
Location: 133 West Broadway Avenue
Phone number: 208-888-5555
- f. Caldwell Senior Center
Location: 1009 Everett Street
Phone number: 208-459-0132
- g. Twin Falls Senior Center
Location: 530 Shoshone St. W
Phone number: 208-734-5089

9. Be Safe

- a. Prevent Sexually Transmitted Infections (STIs)
-Planned Parenthood – Free Breast Cancer Screening
 - i. Boise
Location: 3668 North harbor Lane

Phone number: 1-800-230-7526 or 208-376-9300

ii. Twin Falls

Location: 200 North 2nd Street

Phone number: 1-800-230-7526 or 208-734-9955

They provide services in the following categories: abortion, birth control, body image, general health care, men's sexual health, morning-after pill, pregnancy, relationships, sex and sexuality, sexual orientation and gender, sexually transmitted diseases (STDs) and women's health.

iii. Free HIV Testing Centers

-a.i.p.h.a.

1009 Bannock Street, Boise, ID 83702

Phone: 208-424-7799

Free confidential oral rapid testing

Hours: Mon and Wed 5:00–9:00 pm and Friday 3-5 pm

Appointments recommended but walk-ins welcome Mon and Wed from 5-7 pm

-a.i.p.h.a. @ the Community Center

305 E 37th St., Garden City, ID 83714

Phone: 208-336-3870 or (208) 424-7799 to schedule an appointment

Free confidential oral rapid testing

Testing Hours: Saturday 10am to 2pm

Appointments only, same day appointments available after 12 pm.

-El Ada Community Action Partnership

2250 S. Vista Avenue, Boise, ID 83705

Phone: (208) 345-2820 ext 14

Free Confidential HIV Oral Rapid Testing -By appointment only

-The Wellness Center at Family Practice Residency of Idaho

6094 W. Emerald, Boise, ID 83704

Phone: (208) 514-2505

Free HIV testing by appointment, Mondays 9am-12pm and Thursdays 1pm-4pm.

-Inland Oasis HIV Program

1320 S Mountain View, Moscow, ID 83843

Phone: 208-596-4449

Free Oral HIV Rapid Testing

Sunday 1:00 pm – 6:00 pm (walk-in clients only)

Mon – Thurs, 10:30am-6pm (walk-ins welcome, appointments receive priority)

-Centro de Comunidad y Justicia at the Idaho Hispanic Cultural Center

315 Stampede Dr. in the Hispanic Cultural Center, Nampa, Id. 83687

Every Tuesday, 5 P.M. – 8 P.M. June – August 2011

Call for an appointment (208) 608 – 0463, Monday – Friday 8:00 a.m. – 5:00 p.m.

-a.l.p.h.a.

213 3rd Ave. East, Twin Falls, Idaho 83301

Phone: 208-734-3842

Free confidential oral rapid testing Mon, Wed, Fri, and Sat 3-9 pm

Appointments recommended but walk-ins are welcome 3-7 pm

-Other Testing Sites in Idaho: <http://www.nakedtruth.idaho.gov/other-resources.aspx>

b. Prevent Falls

i. Fit and Fall Proof :

Fit and Fall Proof is a free fitness program designed to strengthen older adults, so they fall less.

Contact information:

-Panhandle Health District 1 - Idaho Careline at 2-1-1 or 415-5242

-Southwest District Health- 455-5321

-South Central Public Health District- 737-5988

-Idaho North Central District- 799-0379

-Central District Health Department- 327-8591

-Southeastern Idaho Public Health- 478-6315

-Eastern Idaho Public Health District- 533-3149

c. Prevent Motor Vehicle Crashes and Injury

i. Idaho Department of Health and Welfare- Motor Vehicle Crashes: Safe Driving Saves Lives

Website:

<http://www.healthandwelfare.idaho.gov/Health/InjuryPrevention/MotorVehicleCrashes/tabid/1391/Default.aspx>

Idaho Department of Health and Welfare- Injury Prevention Reducing Injury and Violence in Idaho

Website:

<http://healthandwelfare.idaho.gov/health/InjuryPrevention/tabid/1388/Default.aspx>

ii. Idaho STAR (Skills Training Advantage for Riders)

Contact information: 1-888-280-7827

Website: <http://idahostar.org/>

STAR provides motorcycle riders courses from a beginner's level to an expert's level. Fees do apply.

Please refer to the Self Rescue Manual for more community resources:

<http://selfrescuemanual.com/uploads/manual.pdf>