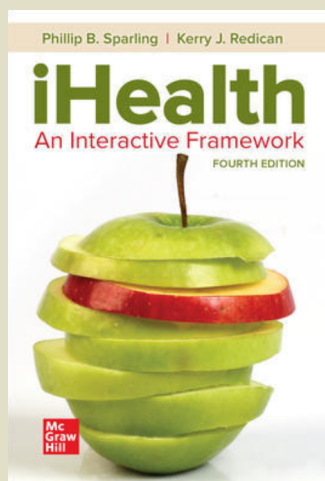


List of Changes



iHealth 4th Edition

Phillip Sparling, Kerry Redican

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available in



connect®

Chapter 3

- Incorporated the newest version of federal physical activity guidelines released in 2018

Chapter 4

- Expanded section on Marijuana including legalization (both medical and recreational)
- Expanded section on tobacco use
- Expanded section on opioids

Chapter 6

- Added more emphasis on recognizing stress and anxiety and steps to resolve and seek assistance

Chapter 13

- Expanded section on health insurance

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