



Anne C. Poinier, MD

Internal Medicine / Lifestyle Medicine

Dr. Anne Poinier has been Board Certified in Internal Medicine since 2001, and has specialized in the care of adults in Idaho since that time. She practices evidence-informed medicine, diagnosing and managing patients with a host of diseases, including diabetes, stroke, obesity, cancer and heart disease. She believes in patient education as a means by which patients can gain better control over their health and make the most confident decisions about their care with her.

She earned her certification in Lifestyle Medicine in 2019. She has long held a strong interest in optimizing diet, movement, sleep and other modalities to improve the health and quality of life for her patients at every age. Her formal certification enhances her ability to help patients make changes in their lives to prevent, treat and reverse disease.

In her spare time, Dr. Poinier can usually be found outdoors with her husband exploring the mountains, trails and rivers of Idaho.

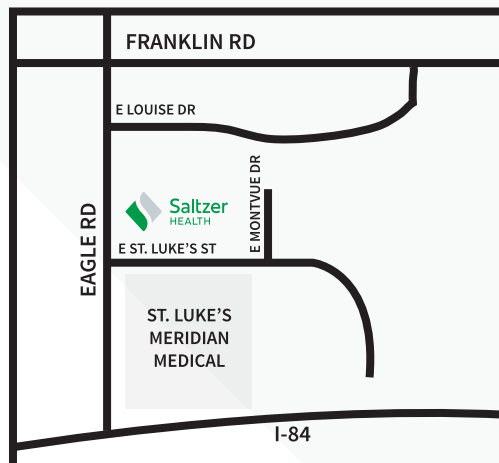
+ Education

Residency » Primary Care Internal Medicine 1998-2001, University of Washington

Medical School » M.D. 1998, University of Washington, Seattle, Washington

Undergraduate » B.A. in Psychology, 1990, Washington University, St. Louis, Missouri

Meridian Portico Locator Map –



TO SCHEDULE AN APPOINTMENT:

208.468.5920

208.884.2979 fax

Portico West
3277 E. Louise Dr. Ste., 200
Meridian, ID 83642

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