

Open Access to Trusted Health Information

Setting foot in Hong Kong, Healthy Matters provides reliable and easy-to-access medical information essential to leading a healthy lifestyle.

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Julien Mathieu
Co-founder
Healthy Matters



When working or travelling abroad, nothing comes in more handy than a trusted local health and medical information hub. When Amélie Dionne-Charest and Julien Mathieu relocated from France to Hong Kong in 2013, they saw the market gap for an accessible health and wellness platform. Healthy Matters was founded in 2017 by the French-Canadian couple to address such demand, with an aim to become Hong Kong's leading source of trusted health information.

“Attitudes towards health have changed in recent years. People want to live healthier, longer lives and have become more proactive, they need trusted and actionable information, relevant to where they live,” said Julien Mathieu, Co-founder of Healthy Matters. “With the impact of the global pandemic crisis, wellbeing will be a major challenge. Healthy Matters has an important role to play. Our value proposition is simple: to bring reliable, relevant and accessible health information to the largest number of people here in Hong Kong.”

Healthy Matters website features thousands of expert-reviewed articles and pages, a health directory with clinic list and healthcare options, as well as a

complimentary newsletter. It provides the largest updated list of doctors in the city, together with a medicine and supplement database. All medical content is carefully reviewed by its Expert Advisory Board comprised of over 50 leading Hong Kong doctors and health practitioners with experience in both the public and private healthcare sectors.

A dynamic and welcoming startup location

With experience of founding a health advisory business in New York, Dionne-Charest considers Hong Kong to be an excellent startup location. “The city provides a favorable environment for business setup and expansion. Hong Kong is an open, dynamic and welcoming place for entrepreneurs like us,” she said.

Mathieu added that the networking opportunities available in Hong Kong is vital to their business growth. “Building credibility took time, especially as we were new to the market,” Mathieu said, “developing a medical network was key to our journey, and has been a source of invaluable advice we continue to seek out to this day.”

The couple regards InvestHK as an important partner in their business development over the years. “InvestHK has been an invaluable resource for us since the beginning of our entrepreneurial journey. The InvestHK team has provided advice and ideas on a variety of topics and shown a genuine interest in our success. We are grateful for their useful introductions, networking opportunities and their all-around support,” Mathieu concluded.

Healthy Matters

- A health information provider established in 2017
- Bilingual website in English and traditional Chinese
- Published Hong Kong's first maternity & baby book
- Developing partnerships with companies to focus on employees' health and wellness

 healthymatters.com.hk