

These Services are FREE.

Saunders Medical Center is committed to helping you achieve your health and wellness goals.

You direct your goals. We assist you in creating a plan and offer accountability.

There is **no charge** for the health coaching services, it is simply part of our mission of serving our community: **to assist you in living the best you can!**

We are here to **assist you in reaching** your personal health and wellness goals.

Call us at **402 443-4191** or email HealthCoach@SaundersMedicalCenter.com today to learn how we can become part of **your personal wellness team!**

*Exceptional Care
Close to Home—*



YOUR CLINICAL *Health Coach*

**Empowering you to
improve your own
health outcomes!**



Examples of How We Can Help

Your Health Coach can assist you in many ways. Here are a few examples:

- Learn more about nutrition
- Create a **smoking cessation** plan
- Reduce your weight
- Control your **diabetes**
- Create exercise plans to improve your range of motion, muscle tone or stamina
- Prevent setbacks
- Connect you with community programs
- Discover your motivation for improved health
- Improve your **cardiac health**

Call us! We will assist you to manage these or other conditions.



1760 County Road J Wahoo, Nebraska 68066
402.443.4191 | 1.888.501.4762

***"Life's not about waiting for
the storm to pass...
It's about learning to
dance in the rain!"***

-Vivian Greene



Meet Our Clinical Health Coaches—

Do not let _____ (fill in the blank) prevent you from living your life to its absolute fullest. We are here to listen to your goals and work together to create a plan to achieve them!

Lori Russell, RN, BSN



"I love my job as a health coach being able to help patients improve their lifestyles and meet their personal and health goals!"
Lori has served our community at SMC for over 20 years. She lives near Cedar Bluffs.

Nicole Josephsen, RN, BSN



Completing nursing school with her BSN, Nicole became a certified Health Coach in 2015 and joined the SMC team in 2017.

"I love my job because I have such a passion to educate others. I am very personable and outgoing and love to meet new people. Plus, I love to learn and teach others!"

Ansley Zaloudek, RN, BSN



Joining the SMC healthcare team in 2018, Ansley is excited to "promote health and wellness in the community. It's an amazing opportunity that I am able to work with individuals on a more personal level to reach their health goals."



Create a confidential partnership to achieve your personal wellness goals.

Don't know who to turn to? We can also connect you with community resources.

A personal story of care—

We didn't grow up going to the doctor... unless you were very sick and an aspirin didn't cure it! But now I know that **a physical and simple blood work is a gift!** On my birthday I gave that gift to myself one year. A mammogram and physical. I was at peace knowing where I was at with my health. I knew what I needed to do once I had the information.

It's a long story of how I ended up at Saunders Medical Center, but I didn't receive the education about my diabetic diagnosis for one year at a different clinic. Finally I said, 'This has to change!' I drove up to Saunders Medical Center and talked with them. They got me in to see "Dr. Tyler" and talked with Lori a Health Coach.

They explained all the resources they have, all they could do for me and they would **teach me so I knew how to improve my health.** They did blood work and called me minutes later when I arrived at the grocery store and told me to come back that my fasting blood sugar was over 500. That was just 7 months ago and now I average 90.

The team of health coaches and the doctors approach has changed my life! Lori was awesome in training me and making sure I understood what my body was doing. I learned how to make changes so I could be there for my family. I am now asking my husband to do they same for me and give me the gift of knowing he is healthy and empower us to make changes to be healthy if need be.

—Janet King

Weston, Nebraska
Working with Lori for just seven months, and continuing with new weight loss goals!



Looking to prevent a setback? Yearn to feel better? We can help you.

Helping to motivate you to live your life to the fullest!