

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
- Weight loss
- Control your diabetes
- Create exercise goals
- Connect you with community programs and resources
- Financial assistance for medications
- Discover your motivation for improved health
- Improve your heart health

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



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** today to learn how we can become part of *your personal wellness team!*



1760 County Road J Wahoo, NE 68066

402 443-4191
888 501-4762

YOUR CLINICAL Health Coach

*Empowering you to
improve your own
health outcomes!*



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

-Vivian Greene

Create a confidential *partnership to achieve your* personal wellness goals.

Personal stories of care—

"My doctor Tyler Hauswald, PA-C referred me to the health coaches to get my A1C back in order and to help me make better health choices. The changes I made were very manageable and it was amazing to see my numbers move in the right direction with these simple changes.

With their help, I was also able to get a Dexcom Continuous Glucose Monitor® which monitors my blood sugars constantly. This helped me with understanding how foods I ate effected my sugar levels. I have given up soda for over six months now!

I highly recommend working with health coaches because they are there to help you and let you know how to do it. I enjoyed working with Nicole. She made a huge difference in my life and I am now able to get the knee surgery I need because my numbers were in a good range!"

—*Sam Winchell*

WAHOO, NEBRASKA

Successfully working with Nicole to achieve her goals!

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 Tyler Hauswald, PA-C 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 providers' 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.

—*Janet King*

WESTON, NEBRASKA

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

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

Meet Our Clinical Health Coaches—

Do not let anything 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."