

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.

John Feather's Personal story of care—

When John Feather's water heater went out, it was just another sign that this was going to continue to be a hard year. John had lost his fiancé in April, and moved in with his mother to keep an eye on her. And, John was dealing with a list of his own health issues ranging from diabetes to sleep apnea. He was making the trek from Ithaca, where he's lived since the late 70s, all the way to Lincoln for healthcare, and the drive was another added stress. John felt like just another list of health issues rather than a person. That's when he decided to transfer his care to Saunders Medical Center.

From the moment John walked in, he knew he was in for a different experience. The staff immediately got to know him as a person, genuinely searching for ways to help him through a difficult time while treating him for his medical issues. Dr. Newburn referred John to Nicole – one of our Clinical Health Coaches and Diabetes Educators. One of the first things she did was assess how willing John was to try some newer technology to better manage his diabetes. He was open to this change, so Nicole was able to get a Continuous Glucose Monitor and an insulin pump for him. He felt the difference immediately, and the convenience was a game changer for him. His spirits began to improve.

John loves his weekly visits with Nicole and is learning how diet and physical activity can support his wellness journey. Nicole assists

with making any adjustments to his diabetes treatments while encouraging John to be more active and engaged in his care. Nicole has loved seeing her patients take the lead by taking care of themselves and being successful, something John can attest to. Nicole's love for her work is reflected in her belief in patient self-advocacy: "I love to help and educate patients. To see them be able to take care of themselves and improve their quality of life is super rewarding."

As for the Saunders Medical Center team, John can't say enough. "Everyone is top notch in my book." **The Health Coaches/Diabetes Educators have provided John with exceptional diabetes care. Our coaches are also available to help with many other chronic conditions ranging from high blood pressure, high cholesterol and weight loss.** They keep up-to-date on the latest research and tech trends, and can even assist patients with financial assistance when there is a need.

John eventually got his new water heater in place and knows he's on the right track with his healthcare journey thanks to Nicole and the entire Saunders Medical Center team.



John Feathers receives patient education on diabetic meters from health coach Nicole Josephsen, RN, BSN.

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.

Nicole Josephsen RN, BSN, CDCES



Joining SMC in 2017, Nicole became a Certified Diabetes Care & Education Specialist in 2020.

"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 MS, BSN, RN, NBC-HWC



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."