

### ***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—*



1760 County Road J Wahoo, Nebraska 68066  
402.443.4191 | 1.888.501.4762

## 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.



***"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.

## 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!



Judy has served patients in  
intensive care, coronary care  
and cardiac rehabilitation.  
She also served our  
community as smc's director  
of nursing and lives in rural  
Ceresco. She is passionate  
about helping you realize  
your wellness goals.

**Judy Pearson, RN**  
33 YEARS



Lori has served our  
community in the areas  
of infection control and  
wound care. She has served  
as smc's long-term care  
director of nursing, care  
plan coordinator and clinic  
supervisor. She lives near  
Cedar Bluffs. She is excited  
to serve you!

**Lori Russell, RN**  
21 YEARS

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!"



**Nicole Josephsen, RN, BSN**  
2 YEARS

***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!*