

Meet Your Dedicated Health Engagement Nurse

Hi, My name is Michele Adams.

I have been a nurse for 26 years, working in hospitals, schools, insurance and provider practices in the Central Ohio area.

Most recently, I have worked as a nurse case manager helping patients and their families better manage their health conditions, maximize their health care benefits and navigate the health care system.

How can a Health Engagement Nurse help me?

Michele is available to meet with any members of the Ohio Chamber of Health Benefit Program. Examples of topics she can discuss are lifestyle changes, condition management and disease prevention. Your Health Engagement Nurse will help you create and work toward your personal health goals.



Will my personal information that I share with my Health Engagement Nurse be protected?

None of your personal information will be shared with your employer. All of your personal health information will be protected in accordance with HIPAA.

What other services does my Health Engagement Nurse offer?

Your Health Engagement Nurse can:

- Demonstrate how to **navigate** UHC tools and resources
- Provide **health education** regarding your specific health concerns and questions
- **Support you with new or chronic illnesses** like diabetes, hypertension & asthma
- Refer members to UHC's **no-cost wellness programs and resources**
- Help you **stretch your healthcare dollars** to make more informed health care decisions



How can I reach my Health Engagement Nurse?

Telephone or Text:
614-632-4172

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