

# Meet Your Dedicated Health Engagement Nurse

Hi, My name is Michele Adams

I have been a nurse for 25 years, working in hospitals, schools, 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 you to discuss lifestyle behaviors you may want to address such as weight loss, physical activity, nutrition counseling, chronic 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 onsite Health Engagement Nurse will:

- Help you and your family make better health care decisions
- Demonstrate how to navigate UnitedHealthcare tools and resources
- Provide health education to individuals, families, and groups through in-person and virtual classes
- Refer employees to appropriate wellness programs and services
- Perform blood pressure/Weight/BMI screenings
- Provide support with chronic illnesses like diabetes, hypertension and asthma



## How can I reach my Health Engagement Nurse?

**Telephone or Text:**  
614-632-4172

**Email:**  
[michele.adams@uhc.com](mailto:michele.adams@uhc.com)

