

# *Introduces...*

## Carol Hellman, BSN, RN Nurse Health Coach

Carol has been a nurse for over eight years and has experience in the medical/surgical unit. Carol has also served as a preceptor and clinical instructor for Allen College nursing students.

Carol is dedicated to providing compassionate care and guidance to her patients. This dedication is recognized as she earned a place on a list of “100 Best Iowa Nurses” in 2013.



As a Nurse Health Coach, Carol develops creative health promotion programs tailored to fit the needs of each individual. She is motivated to provide the tools, education and encouragement necessary to allow individuals to succeed in their journey toward improved health.

## **WHAT IS NURSE HEALTH COACHING?**

A Nurse Health Coach will develop individual health and wellness plans, and offer education about positive health changes you can make in your every day life. Nurse Health Coaches will work with employees based on their health screening results, and personal health concerns, and provide follow-up testing if applicable.

Nurse Health Coaching is more than health and wellness coaching. Nurse Health Coaches have the clinical background and chronic illness experience and have local health care resources at their fingertips to ensure better quality of care for employees.

Nurse Health Coaches will empower you to take ownership of your health and well-being, and to take action against modifiable health risk factors, and encourage you to actively engage in a sustainable healthy lifestyle to optimize your health.

## **WHY PARTICIPATE IN A HEALTH PROMOTION PROGRAM?**

Two-thirds of your health care costs are driven by your daily choices and 70% of all chronic illness is preventable. Working with a Nurse Health Coach can help you stay on track with making the right daily choices. When you have someone to hold you accountable it is easier to stay motivated to reach your health and wellness goals.

Participating in a Health Promotion Program and lowering your risk for chronic disease can:

- Increase energy
- Improve quality of life
- Reduce stress and improve mental health
- Increase happiness and life satisfaction
- Decrease illness and injury
- Reduce visits to health care providers and health care costs

**There's never been a better time to improve your health and well-being! And it's never too late!**