

Introduces...

Stacie Dudden, RN Certified Nurse Health Coach

Stacie has been with Wheaton Franciscan Healthcare for over 10 years beginning her health care career in Clinic Medical Records. While pursuing her RN in Nursing, she worked in the hospital as a CNA and the Home Health area as an LPN.

As a Nurse Health Coach, Stacie works with employers and their employees to offer assistance in health promotion. She realizes the importance of the overall individual's well being and offers quality patient education and tools for treatment while providing emotional support to help individuals develop or maintain healthy lifestyle choices.

Stacie is familiar with the health care environment which is key to understanding how to utilize the resources available and offer those resources to employees and families.



certified  **wellcoach**[®]

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!