

## Meet your ActiveHealth Coaching Team!

- Health coaches are available Monday through Friday from 9 a.m. to 9 p.m. ET and Saturday from 9 a.m. to 2 p.m. ET, by appointment. To schedule an appointment, call (855) 202-4219.
- Check with your human resources department to see if onsite health coaching is available at your work location. These appointments are scheduled through work site sign-ups.
- Employees working in the Indiana Government Center can schedule with the onsite health coach Jackie Williams by calling (855) 202-4219 and requesting her by name. Jackie is located in the Government Center Clinic located in the basement of the South Building near the tunnel entrance to the Washington Street parking garage. Learn more about the [Government Center Clinic](#).



### **Jackie W.**, Onsite at Indiana Government Center South

**Credentials:** B.S. in Exercise Science, Certified Personal Trainer (ACE), Certified Health Coach (ACE)

**Specialties:** Fitness, Nutrition, and Weight Management

**Experience:** 1.5 years as Onsite Coach for State of Indiana



### **Kevin H.**, Northern Indiana work locations

**Credentials:** B.S. in Exercise Science, Certified Personal Trainer (ACSM)

**Specialties:** Fitness, Nutrition, and Weight Management

**Experience:** 5.5 years as Onsite Coach for State of Indiana



### **Emily T.**, Southern Indiana work locations

**Credentials:** B.S. in Exercise Science, M.S. in Clinical Exercise Physiology

**Specialties:** Fitness, Nutrition, and Weight Management

**Experience:** 2 years as Onsite Coach for State of Indiana

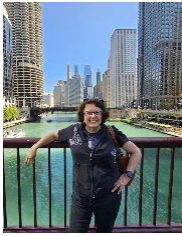


### **Michelle L.**, Northern Indiana work locations

**Credentials:** B.S. in Sports Studies, Fitness and Exercise Science, Certified Health and Wellness Coach, Holistic Nutrition Certification

**Specialties:** Fitness, Nutrition, and Healthy Lifestyle

**Experience:** 3 years as Telephonic Coach for State of Indiana



**Linda B.**, Telephonic Health Coach

**Credentials:** B.S. in Nutrition Science, Registered Dietitian, Licensed Nutritionist, Certified Diabetes Educator

**Specialties:** Healthy Eating, Weight Management, Diabetes Management

**Experience:** 25 years, 17 years with ActiveHealth



**Marie D.**, Telephonic Health Coach

**Credentials:** B.S., Registered Dietitian, Certification in Adult Weight Management

**Specialties:** Health, Fitness, Nutrition, Diabetes Management, Weight Management

**Experience:** 28 years, 14 years with ActiveHealth



**Kathleen D.**, Telephonic Health Coach

**Credentials:** B.S., National Board-Certified Health and Wellness Coach (NBCHWC), Health Educator, Certified Tobacco Specialist

**Specialties:** Stress Management, Tobacco Cessation

**Experience:** 20 years, 12 years with ActiveHealth



**Derrick F.**, Telephonic Health Coach

**Credentials:** B.S. in Exercise Science, National Board-Certified Health and Wellness Coach (NBCHWC)

**Specialties:** Health, Fitness, Nutrition, Stress Management, Tobacco Cessation, Stress Management

**Experience:** 7 years, 7 years with ActiveHealth



**Carla F.**, Telephonic Health Coach

**Credentials:** B.S. in Public Health, MPH in Epidemiology, DrPH in Preventive Care

**Specialties:** Health, Fitness, Nutrition, Stress, Tobacco Cessation, Weight Management, Sleep

**Experience:** 7 years, 3 years with ActiveHealth

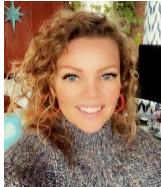


**Danielle G.**, Telephonic Health Coach

Credentials: B.S., M.S., Registered Dietitian, Certified Personal Trainer, Certified Health Coach

Specialties: Health, Fitness, Nutrition, Diabetes Management, Weight Management

Experience: 18 years, 2 years with ActiveHealth



**Becca G.**, Telephonic Health Coach

Credentials: B.A. in Exercise Science, A.A. in Health and Nutrition

Specialties: Health, Fitness, Nutrition, and Tobacco Cessation

Experience: 11 years, 3 years with ActiveHealth



**Joanna J.**, Telephonic Health Coach

Credentials: B.S., M.S., Registered Dietitian

Specialties: Health, Fitness, Nutrition, Weight Management, Diabetes Management

Experience: 7 years, 2 years with ActiveHealth



**Mark K.**, Telephonic Health Coach

Credentials: B.S., M.Ed. in Exercise Physiology, Certified Exercise Physiologist

Specialties: Exercise and Stress Management

Experience: 30 years, 2 years with ActiveHealth



**Michelle L.**, Telephonic Health Coach

Credentials: B.S. in Sports Studies, Fitness and Exercise Science, Certified Health and Wellness Coach, Certified Holistic Nutritionist

Specialties: Health, Fitness, and Nutrition

Experience: 10 years, 3 years with ActiveHealth



**Carmela S.**, Telephonic Health Coach

Credentials: B.S., M.S., Certified Health Coach

Specialties: Health and Fitness

Experience: 11 years, 11 years with ActiveHealth



**Debbie S.**, Telephonic Health Coach

Credentials: B.S., Registered Dietitian

Specialties: Weight Management, Pre-Diabetes, and Nutrition

Experience: 25 years, 11 years with ActiveHealth



**Gail W.**, Telephonic Health Coach

Credentials: B.A., Masters in Public Health, National Board-Certified Health and Wellness Coach (NBCHWC)

Specialties: Health, Fitness, and Nutrition

Experience: 20 years, 11 years with ActiveHealth



**Chelsey W.**, Telephonic Health Coach

Credentials: B.S., Masters in Public Health, Group Fitness Instructor, Chronic Disease Self-Management Program Coach

Specialties: Stress and Sleep

Experience: 4 years, 4 years with ActiveHealth



**Nancy Z.**, Telephonic Health Coach

Credentials: B.A., M.Ed., Certified Health Education Specialist

Specialties: Tobacco Cessation, Stress Management

Experience: 10 years, 2 years with ActiveHealth