

# Meet your new Health Engagement Nurses

**Whitney Smith, RN, BSN**

**Wendy Karcher RN, BSN, CCM**

## How can a Health Engagement Nurse help me?

Whitney and Wendy are 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 Nurses?

Telephone:  
614-645-NURS

Email:  
NURSE@columbus.gov

Contact them directly or see  
Sherry Booth 5-8568 for any  
questions about the program

