

Your UMR Health Coach



A UnitedHealthcare Company

The Archdiocese of New Orleans is partnering with UMR to support your wellness goals with an on-site health coach. Our objective is to provide you, as an Archdiocese employee, with resources to further enhance your total well-being and reward you for developing and maintaining healthy habits.

It's important to us that we give you the tools and information you need to make informed decisions about your everyday well-being. Small steps toward a healthy lifestyle lead to big changes, not only in your life, but also in the lives of your family members.

Tawnya Ridi is a certified nutritionist and fitness instructor here to help you with:

- ✓ Using UMR's online provider search and cost transparency tool to find quality care and save money on co-pays
- ✓ Learning about resources available to help you get and stay healthy
- ✓ Accessing the services UMR offers, such as disease management or maternity management
- ✓ Implementing wellness programming at your site



Providing one-on-one or group health coaching sessions at your location or by phone to help you make positive and lasting changes to your health

- ✓ Navigating and filling out a CHRA questionnaire on umr.com
- ✓ Developing a health action plan to achieve your wellness goal in a step-by-step format, with personalized support along the way

Contact your Health Coach **Tawnya Ridi, DTR CDN**

612-383-3827 or tawnya.ridi@umr.com

Tawnya would love to meet you. Look for her at upcoming group meetings or wellness events. She also will be able to answer questions or take coaching appointments by phone or email.