

# We're still here to help you stay healthy.

This is a great time to utilize your health coach, from home.

AEO  
**REAL CARE**  
HEALTH CENTER

 **Set Individual Health Goals with Virtual Coaching**

- Stress Reduction
- Mental Health Support
- Weight Management
- Work/Life Balance
- Smoking Cessation
- Healthy Eating
- Improved Fitness
- Chronic Diseases and Conditions such as Diabetes, Low Back Pain, Asthma and more!

 **Schedule an appointment today to chat with a health coach!**



Ask how you can earn incentives \$ for health coaching!





# Meet Your AEO Real Care Health Coaches

For hours and more information on health coaching, contact one of our coaches below!



**AEO Pittsburgh**  
**Natalie Weber RN**



"With over 13 years of nursing experience, I have been fortunate enough to gain experience across a diverse range of healthcare settings. I began my career in critical care nursing which created a solid foundation fostering critical thinking and advanced nursing skills. My background also includes allergy and immunology, college health & internal medicine, GI nursing and outpatient surgery. I am committed to delivering the highest quality of care while providing the education and tools to help you meet your personalized health and wellness goals."

 412-432-0800  
 AEOpitt@Evernorth.com



**AEO Ottawa**  
**Jessica Richmond RN**



"I like to think I hold a unique role within Evernorth Direct Health. I am an Onsite Nurse as well as Health Coach. All of my bedside nursing experience being in critical care, I have seen what some would call the worst case scenario for medical conditions and a huge gap in education. With my transition from being bedside nursing care to a health clinic, I am eager to bring preventative care directly to the community I live in."

 785-832-6920  
 AEOOttawa@Evernorth.com



**AEO New York**  
**Sharahn Rosser RN**



"During my 5 years as a nurse I have gained experience in inpatient critical care, outpatient oncology as well as outpatient allergy and asthma. I am so grateful to have been able to experience such diverse nursing specialties, all of which I have learned a lot from. Preventative care is essential and I am so excited to be able to provide that right here in the workplace."

 212-448-5800  
 AEONewYork@Evernorth.com



**AEO Hazleton**  
**Bernis Sosa RN**

"I have now been a Registered Nurse for 5 years where I gained most of my experience in an inpatient psychiatric setting. My focus while in that hospital was providing special care for those with mental health issues as well as any underlying medical issues. I was able to guide my patients with improving their physical and mental well-being. I enjoyed being able to build a daily growing rapport with my patients. I am happy to be a part of this clinical team, where I will focus on providing individualized care through the onsite health clinic and/or individualized health coaching sessions." **Other Languages Spoken: Spanish**

 570-710-6355  
 AEOHazleton@Evernorth.com