

# Hello from your Providence Health Coaching team

## Welcome to Providence Medicare Advantage Plans! It's nice to meet you.

Ensuring the well-being of the community means everything - to all of us. Your Health Coaching team is here to help you accomplish your goals and build a relationship grounded in trust and support. We're excited to introduce you to your **Health Coaching Manager, Chelsea**.



Hi there, I'm

**Chelsea  
Warren**

Health Coaching Manager,  
RDN, NBC-HWC

**I've been with Providence since:** September 2014

**My health coaching philosophy:** Wellness is an integration of physical, mental, and spiritual well-being and is not about just striving for better health but living more fully. Coaching is a collaborative process that supports self-discovery, active learning, effective goal setting, and accountability.

**My education/background:** I have a Bachelor of Science in Nutrition Sciences, I am a Registered Dietitian, and a Board-Certified Health and Wellness Coach.

### I love my job, but here's a bit more about me.

**If it's the weekend:** You will find me training for my next marathon, visiting farmer's markets, or taking hikes with my two boys.

**Fun fact about me:** My favorite game to play is Yahtzee.

Thanks for the opportunity to partner with you. I look forward to getting to know you better, supporting your goals and helping the community discover True Health together.

*Chelsea Warren*

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For more than 160 years, Providence has aligned under a common purpose: to bring True Health to each and every member of the community. True Health is commitment to caring for the whole self: mind, body and spirit. The concept is rooted in the idea that the healthier each of us are, the healthier we all are.

**We all deserve True Health.**