

# Hello from your Providence Health Coaching team

## Welcome to Providence Health Plan! 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 Engagement Coordinator, Melissa.**



Hi there, I'm

**Melissa  
Sencion**

Health Engagement Coordinator

**I've been with Providence since:** December 2021

**I have a passion for healthcare because:** I believe health and wellness require a whole-person approach, taking into consideration social, mental, financial, and physical well-being. I choose to be part of a support system that acknowledges the whole person and motivates them to make their own unique health decisions.

**My education/background:** I hold a master's degree in Exercise Science, I have earned my Worksite Wellness Specialist certification, and have worked in public health for over 10 years.

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

**If it's the weekend:** I'm slow to wake up, grateful for a hot cup of coffee and at a nearby park, hike, or lake by mid-morning with my family and Rottweiler.

**Fun fact about me:** I love exploring different cultures by way of food and drink.

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.

*Melissa Sencion*

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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.**