

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 professional **Health Coach, Meagen**.



Hi there, I'm

**Meagen
Kassner**
Health Coach

I've been with Providence since: January 2015

My health coaching philosophy: I believe that every client is naturally creative, resourceful, and whole. It's my job to discover, clarify and align with what my clients want to achieve, encourage self-discovery, elicit client-generated solutions and strategies, and hold clients responsible and accountable.

My education/background: Master's Degree in Counseling, Master's Degree in Business. I have been a Health Coach since 2007 and am a National Board-Certified Health Coach.

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

If it's the weekend: I'm riding my bike or running, then I'm reading a book or binging a TV show.

Fun fact about me: I'm a sci-fi fan.

Thank you for the opportunity to partner with you. I look forward to getting to know you better and supporting your goals - because everyone's well-being matters.

Meagen Kassner

(503) 574-8048 | meagen.kassner@providence.org

Health For All

We are committed to working alongside the communities we serve, learning about unique healthcare challenges, and creating tangible solutions to make healthcare more equitable and accessible.