

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.

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.

Melissa Sencion

(503) 574-6231 | melissa.sencion@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.