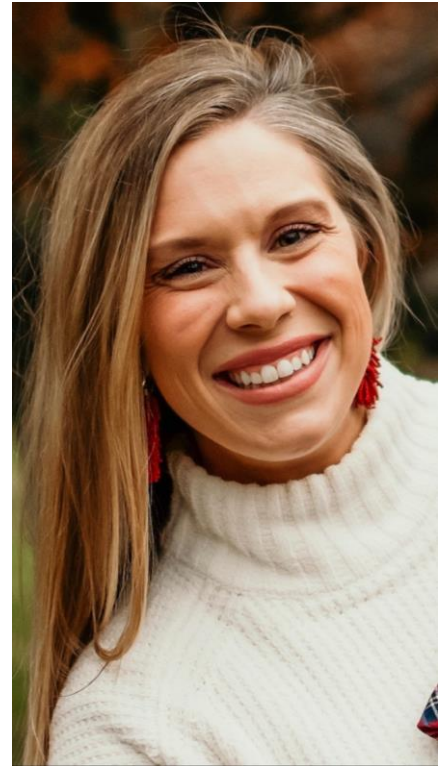


Meet your new health coordinator

About Secily Adams, MS

Secily has spent the last seven years working in collegiate recreation as an assistant director of fitness & wellness. She has a B.A. from Purdue University and a M.S. from the University of Illinois and is a certified health coach, personal trainer, and group fitness instructor. Secily has a broad range of experience in the health and wellness field. She is passionate about helping people live healthier lives and looks forward to helping University faculty and staff achieve their health goals.



How can a health coordinator help me?

Secily is available to provide group education and identify resources to help manage lifestyle behaviors you may want to address such as weight loss, physical activity, nutrition counseling, and disease prevention.

Will my personal information that I share with my health coordinator be protected?

None of your personal information will be shared with your employer. All personal health information will be protected in accordance with HIPAA.

What other services does my health coordinator offer?

Your onsite Health Coordinator will:

- Engage employees in making better healthcare decisions
- Provide health education to group and individuals through in-person and virtual classes
- Coordinate on-site events, including health fairs, health screenings, weight loss and fitness challenges
- Serve as point of contact for programs



How can I reach my health coordinator?

Telephone

Work Cell: 314-413-3243

Office: 952-202-5337

Email:

secily_adams@uhc.com

