

# Your UMR Wellness Resource Consultant



The Archdiocese of New Orleans is partnering with UMR to bring an employee wellness program that offers health education opportunities, individualized support and a helping hand with navigating your health insurance. Our objective is to provide you, as an Archdiocese employee, with resources to further enhance your total well-being and reward you for developing and maintaining healthy behaviors.

It's important that we give you the tools and information you need to make informed decisions about your everyday well-being. Small steps toward a healthy lifestyle lead to big changes, not only in your life, but also in the lives of your family members.

## Tawnya Ridi is a certified nutritionist and health coach here to help you with:

- ✓ Using UMR's online provider search and cost transparency tool to find quality care and save money on co-pays
- ✓ Providing one-on-one health coaching sessions by phone to help you make positive and lasting changes to your health
- ✓ Referring you to UMR services, such as Ongoing Condition CARE or Maternity CARE
- ✓ Implementing wellness programming at your site



As the Archdiocese of New Orleans Wellness Coordinator, I am here to assist you in making healthy lifestyle changes through active and ongoing communications, informational webinars and motivational group challenges. Please don't hesitate to reach out to me with questions about the ANO Employee Wellness Program.

- ✓ Help you fill out a CHRA questionnaire on [umr.com](http://umr.com)
- ✓ Demonstrate how to use the ANO Employee Wellness Program website

Contact your Wellness Resource Consultant **Tawnya Ridi**, DTR CDN  
**612-383-3827** or [tawnya.ridi@umr.com](mailto:tawnya.ridi@umr.com)

Tawnya would love to meet you. Look for her at upcoming group meetings or wellness events. She also will be able to answer questions or take coaching appointments by phone or email.