



Meet your new Health Engagement Coordinator

Leah Hammel, RD, LD, CPT

Leah is a Registered and Licensed Dietitian and a Certified Personal Trainer with more than 15 years experience in health and fitness education. Leah strives to help people succeed in achieving their best health and attaining a balanced lifestyle. Her goal is to educate and empower you to be the healthiest you.

How can a Health Engagement Coordinator help me?

Leah 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 Engagement 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 Engagement Coordinator offer?

Your onsite Health Engagement 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:
(314) 439-6846

Email:
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