

# Hello from your Providence Health Management 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 Management 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 Management Consultant, Nichole Guilfoy**.



**I started my career in workforce wellness:** January 2002.

**I have a passion for healthcare because:** I am deeply committed to workforce well-being with the goal of supporting and empowering employees to be advocates for their own health.

**My education/background:** I am an experienced *Total Worker Health*® practitioner and consultant with a Bachelor's degree focusing on public health and industrial/organizational psychology.

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

**If it's the weekend:** You'll find me hiking or enjoying the beautiful Oregon Coast with my family.

**Fun fact about me:** I sang opera in college.

Thanks for the opportunity to partner with you. I look forward to getting to know you better, supporting your goals, and helping the community discover True Health together.

*Nichole Guilfoy*

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Hi there, I'm...

**Nichole Guilfoy**

Health Management  
Consultant



For more than 160 years, Providence has aligned under a common purpose: to bring True Health to each member of the community.

True Health is a commitment to caring for the whole self: mind, body and spirit. The concept is rooted in the idea that the healthier each of us are, the healthier we all are.

**We all deserve True Health.**