

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 Sención**.



I have been with Providence since: December 2021

My health coaching philosophy: I believe health and wellness require a whole-person approach, taking into consideration social, mental, financial, and physical well-being. I understand that life is complex and everyone benefits from a multi-faceted support system, including a family member, friend, provider, and/or health coach. 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 have worked in public health and community health for 10+ years. I hold a master's degree in Exercise Science from CSU Northridge. In college I was a Division I Water Polo athlete and continued playing in master's leagues afterward. In 2016, I received my Certified Worksite Wellness Specialist certification through the National Wellness Institute.

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.

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.

Melissa Sención

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Hi there, I'm...

Melissa Sención

Health Engagement
Coordinator



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.