



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, Janea Loper.**



I have been with Providence since: May 2012

My health coaching philosophy is: We all have our own version of what healthy looks like. We should not compare our health journey to another. Being conscientious of our health needs is the first step in the right direction. Every day is a new chance to realize our healthier self.

My education/background is: I am a certified medical assistant and certified Health and Wellness coach with a Bachelor of Science in Business Administration: General Management.



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

If it's the weekend: I'm on the track (when the weather permits) or hanging out with family/friends.

Fun fact about me: I like to write fiction.

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.

Janea Loper

Janea
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Hi there, I'm

Janea Loper,

Health Engagement Coordinator,
CMA, CHWC



For more than 160 years, Providence has aligned under a common purpose: to bring True Health to each and every 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.

