

Hello from your Providence Health Coaching team



Welcome to Providence Medicare Advantage Plans! 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 Coach, Meagen Kassner**.



I have been with Providence since: January 2015

My health coaching philosophy: Based on honoring each client as an expert in his/her life and work. I believe that every client is naturally creative, resourceful and whole and it's my job to discover, clarify and align with what my clients want to achieve, encourage self-discovery, elicit client-generated solutions and strategies, and hold clients responsible and accountable.

My education/background: Master's Degree in Counseling, Master's Degree in Business. I have been a Health Coach since 2007 and am a National Board-Certified Health Coach.

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

If it's the weekend: I'm riding my bike or running, then I'm reading a book or binging a TV show.

Fun fact about me: I'm a sci-fi fan.

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.

Meagen Kassner

(503) 574-8048 | meagen.kassner@providence.org



Hi there, I'm...

Meagen Kassner

Health Coach, MC, CHWC,
NBC-HWC



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.