

# Meet Your Health Coach!



Frances Diep, RD, LD, CDCES  
Health Engagement Coach

## Who is Frances?

Frances is a Registered/Licensed Dietitian and Certified Diabetes Care and Education Specialist (CDCES). Through individualized health coaching and worksite wellness activities, her goal is to provide you with a nonjudgmental space to work together and achieve your best health.

## How can a health coach help me?

Frances is available to meet with you to discuss health behaviors that you may want to address such as physical activity, eating behaviors, prevention/treatment of chronic health conditions and behavioral health. In particular, she is passionate about prevention/management of pre-diabetes/diabetes, and helping individuals develop healthy relationships with food and their bodies through a non-diet approach.

## Will my personal information that I share with my health coach be protected?

Yes, all your personal health information will be protected in accordance with HIPAA. None of your personal information will be shared with your employer.

## What services does my health coach offer?

- Health coaching sessions and follow-up visits for individuals
- Health education seminars and programs for groups
- Referrals to appropriate health & wellness programs and services
- Promotion of onsite events such as health fairs and health screenings
- Guidance in navigating UnitedHealthcare tools and resources

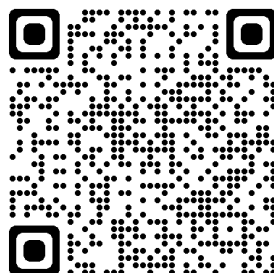
Coaching can be scheduled virtually, or at the location of your choice. Health coaching services are available at no cost to all Travis County employees, as well as spouses and dependents (age 18+) who are on the UHC health plan.

## How can I reach my health coach?

Phone: 512-539-6374 (text or call)

Email: [frances.diep@traviscountytexas.gov](mailto:frances.diep@traviscountytexas.gov)

Visit: [calendly.com/frances-diep](https://calendly.com/frances-diep)



## Questions? Ready to Connect?

Scan the QR Code to schedule an initial 15-minute introductory call. You can also reach out via phone/email or schedule by visiting the link.

