

Non-Medicare Retirees, Meet your new Health Engagement Nurse

Hi, My name is Linda Filion

I have been an RN for 15+ years, working in hospitals and in both private and public sectors.

In the past 12 years, I have worked in employee health, encouraging and guiding employees on health, wellness and preventative maintenance. I have a true passion for teaching, guiding and encouraging healthy lifestyles.

How can a Health Engagement Nurse help me?

Linda is available to meet with **ASRS non-Medicare retirees** on their health and wellness journey. Examples of topics she can discuss are lifestyle changes, condition management and disease prevention. Your Health Engagement Nurse will help you create and work toward your personal health goals.

Will my personal information that I share with my Health Engagement Nurse be protected?

None of your personal information will be shared with Arizona State Retirement System. All of your personal health information will be protected in accordance with HIPAA.

What other services does my Health Engagement Nurse offer?

Your Health Engagement Nurse will:

- Help you and your family make better health care decisions
- Demonstrate how to navigate UHC tools and resources
- Provide health education to individuals, families, and groups through in-person and virtual classes
- Refer retirees to UHC's appropriate wellness programs and services
- Perform blood pressure/Weight/BMI screenings at health events
- Provide support with chronic illnesses like diabetes, hypertension, asthma, etc
- Telephonic and virtual guidance



How can I reach my Health Engagement Nurse?

Non-Medicare Retirees:

Telephone
763-361-0471

Email:
Linda_Filion@uhc.com

Medicare participants with clinical questions should contact:

844-876-6161

