

CareHere!® AND the City of Port St Lucie

...invite you to work with a health coach....there is no cost to you!!



Did you know-CareHere has a team of professionals to help you meet your health goals!!! When you get your health risk assessment done at the clinic you will automatically be assigned to a Health Coach who will contact you to offer individualized help on your personal health goals. In the mean time if you have something we can help you with feel free to contact one our Health Coaches listed below:

The CareHere Wellness Team is made of four experts:

Tracy Thompson, RN- Need help with regulating your blood pressure, help controlling asthma, need more information on a medication, any health care need? Contact Nurse, Tracy at tthompson@carehere.com, or at our toll free number 877-866-6430.

Liza Derbalian, RD- Need help with diabetes, losing weight, decreasing cholesterol, managing a food allergy, or any nutritional concern? Contact Dietitian, Liza at lderbalian@carehere.com or call 407-583-6980.

Tammie Leftwich- Need help with quitting smoking? Ex-smoker (for 20 years), Tammie Leftwich, will take you through the process of quitting and support you for an entire year!! Contact Tammie at tleftwich@carehere.com, or our toll free number 877-866-6430.

Christie Cornell, MPH- Need help with exercise, exercise with an injury or disease, getting started on an exercise plan, or any exercise need? Contact Exercise Physiologist, Christie at ccornell@carehere.com or call 407-965-4190.