



Get to know your Health Coach

Cathy Guenther
Licensed Practical Nurse

Healthy Together!

Care Coordinator

Phone:

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“I am pleased to have the opportunity to work with you! I love my job and look forward to helping each and every one of my clients become and stay healthy.” Cathy Guenther, LPN

Experience:

Nurse since 1987; worked in psychiatric, geriatrics, medical-surgery, orthotics and prosthetics, dermatology and podiatry nursing

Health Tip:

Accept yourself and others without judgment.

Recognize each moment for what it is...a miracle in time that is yours to experience. We can choose to be bitter or better; positive or negative. Choose the positive and reach out and grab the better.

Personal:

I love working with people and rescuing animals that have difficulty finding a home. I am married and we have been blessed with five precious grandchildren.

**Call 1-888-545-1710 to speak to a nurse
24- hours a day.**

Healthy Together! is offered by the Wyoming Department of Health to all Wyoming EqualityCare clients at no cost. The program provides one-on-one support from a nurse, educational materials to encourage the self-management of health and assistance in coordinating care among multiple providers. ***Healthy Together!*** also provides EqualityCare clients with information on weight loss, smoking cessation, and how to adopt healthy lifestyles. ***Healthy Together!*** was named the Best Government Disease Management Program by the Disease Management Association of America in 2005.