



Get to know your Health Coach

Laura Nisbet
Registered Nurse

Healthy Together!
*Health Coach/
Case Manager*

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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.” Laura Nisbet, RN

Experience:

- **Healthy Together!** Health Coach for 2 years
- Registered Nurse for 27 years; worked in labor and delivery, women’s health, children’s psychiatry and nursing home care

Health Tip:

I want to encourage you to chose to have a healthy pregnancy for a healthy baby. You and your baby are worth it!

Personal:

I am married with 3 grown children who camp, fish, and hunt with us whenever they can. I enjoy my ladies weekly Bible study group. My husband and I also cheer on the Montana Griz and the Denver Broncos.

**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.