



Get to know your Health Coach

Polly Snyder
Registered Nurse

Healthy Together!
Health Coach/
Case Manager

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." Polly Snyder, RN

Experience:

- Registered Nurse for 24 years; worked in emergency room, obstetrics, intensive care and in a long-term care facility.

Health Tip:

We are body, mind and spirit, the goal is balance. Feeding and supporting all that we are, healthy food for the body, healthy thoughts for the mind, meditation and prayer for the spirit.

Personal:

I have 2 children and 4 grandchildren, 2 cats and 2 fish. My hobbies include reading and beading, various art projects and going to spiritual retreats and workshops.

**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.