

Meet your new Onsite Wellness Coordinator!

Steve J. Roch Jr. RD, LDN

About (Me)

I was born and raised in Metairie. I went to high school at John Curtis and college at LSU majoring in Nutrition with an emphasis on Fitness and Complementary and Alternative Medicine. I completed my nutrition internship in Virginia. I am a Registered Dietitian (RD).

Throughout my career, I have worked with many worksite wellness programs helping design and deliver health promotion campaigns for employees. During the past 10+ years I have been a Full-Time Health Coach helping folks – just like you – make better decisions to live healthier and longer lives.

Some of my hobbies include: cooking, working on my classic Ford Mustangs, traveling, antiquing, and spending time with my family loving life.

I am very happy to be your new Onsite Wellness Coordinator! Please stop by my office or send me an email or call/text me to introduce yourself so we can discuss how I can help you. I know we can work together to help you build your best life. I look forward to meeting you soon!

How can Steve help me?

Steve is available to provide group education and 1:1 Health Coaching by identifying resources to help manage lifestyle behaviors you may want to address such as weight loss, physical activity, nutrition, and disease prevention.

Will my personal information that I share with Steve be protected?

None of your personal information will be shared with your employer. All personal health information will be protected in accordance with HIPAA.

What other services does Steve offer?

Your Onsite Wellness Coordinator will:

- Engage employees in making better healthcare decisions
- Provide health education to group and individuals through in-person and virtual classes
- Coordinate on-site events, including health fairs, health screenings, weight loss and fitness challenges
- Serve as point of contact for health programs



How can I reach my Health Coordinator?

Office Location: Suite 504
Yenni Bldg.

Telephone: (504) 239-9201

Email:
stephen_rochjr@uhc.com



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