

Meet your New Health Coach



Onsite Health
Coach/Coordinator for
Harlandale ISD

Rene Urteaga, M.S., MBA

Rene has over 12 years of consulting predominately in health education, health promotion, and exercise prescription. His education includes a B.S. in Health Education from the University of Texas at El Paso and a M.S. in Exercise Science from California University of Pennsylvania.

How can a Health Coach help me?

Rene is available to meet with you to discuss any lifestyle behaviors you may want to improve such as weight loss, nutrition counseling, and disease prevention. Your Health Coach will help you create and achieve personal health goals.

Will my personal information that I share with my Health Coach be protected?

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

What other services does my Health Coach offer?

Your onsite Health Coach will plan and implement worksite wellness events and activities such as:

- Increase understanding of modifiable health risks
- Coach employees to develop personal health behavior goals
- Teach employees how to navigate UnitedHealthcare myuhc.com wellness tools and resources
- Refer employees to appropriate wellness programs and services
- Plan, design, implement and evaluate workplace wellness programs
- Provide noninvasive health screenings and health education
- Overall, your Health Coach will inspire and motivate you to achieve optimal health and wellbeing.

How can I reach my Health Coach?

Available onsite by appointment

Email: rene_urteaga@uhc.com

Phone: 210-215-6982