

Rachel

Dye, RN

MDI/ALEX LEE/
SOUTO/IMX
HEALTH COACH



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HANDS ON
HEALTH



As an Alex Lee employee, you can meet one-on-one with Rachel to reach your health goals, one step at a time. She will help you figure out what is most important to you and where to start. Whether you want to eat better, get more active, sleep better, manage your stress, or take charge of a specific health condition, Rachel is here to support and guide you!

PROFESSIONAL BACKGROUND

I am an accomplished Registered Nurse and Case Manager with over 8 years of diverse experience in clinical, home, and educational settings.

My areas of specialization include:

- Health coaching and health promotion
- Patient education
- Chronic condition management
- Preventive and rehabilitative behavior change approaches
- Holistic and integrative health-centric care

I am looking forward to partnering with you to optimize your life!

PERSONAL PROFILE

I thrive on helping people and I live for my job as a RN. The only thing I love more is my 2 year old son, Jackson, and being there for my family and friends. When I'm not working, I'm always traveling, Jackson in tow, across the state to visit my loved ones.

**RACHEL'S OFFICE IS LOCATED
ONSITE IN THE NEW CUSTOMER
SERVICE AREA AT MDI IN HICKORY.
SHE IS LOOKING FORWARD TO
MEETING EVERYONE SOON!**

*All personal health information shared with Aetna® Health Coaches is confidential and will not be shared with Alex Lee, Inc..
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advice or care you get from your doctor or other health professional.*