

# WOW YourChoice Advocates Are Available to Help!



**ALLISON MINARDI**  
Worksite Wellness Manager  
aminardi@manateeyourchoice.com  
x3667

- Ergonomics & Desk Station set up
- Posture Assessments
- Pre-Work Stretch program



**ALMA LEON, PHARM D, RPH**  
Pharmacy Advocate  
aleon@manateeyourchoice.com  
x6406

- Consultations
- Prior Authorizations
- Cost Saving Opportunities
- Compound Prescription Reimbursement
- Pharmacy or medication related questions



**CLARIBEL GILL, MS**  
LAMP Counselor & Psychiatric Clinic Coordinator  
cgill@manateeyourchoice.com  
x6408

- Individual, couples, and family counseling.
- Schedules appointments for in-house counseling, Psychiatric ARNP, and assists with medication management calls.



**DEBBIE MISKELL, RN**  
Nurse Advocate  
dmiskell@manateeyourchoice.com  
x6407

- Pre-authorizations
- Proper sleep, bone health, & heart health
- Healthy Pregnancy
- Provider Referrals
- Nurse Related Questions



**FLOREY MILLER, CDE, RD**  
Nutrition & Diabetes Advocate  
fmiller@manateeyourchoice.com  
x6410

- Help managing diabetes
- Discuss nutrition and diet
- Assess risk for diabetes



**JENNIFER RUIZ, RN**  
Nurse Advocate & Health First Coord.  
jrui@manateeyourchoice.com  
x6409

- Nurse Advocacy
- Health First
- Bariatric Program Coordinator
- Healthy Weight Resources
- General Health Guidance
- Community Physician Referrals



**JULIE DRACKETT**  
Fitness Coordinator  
jdrackett@manateeyourchoice.com  
x3966

- Learn stretches and strengthening moves to support mobility and decrease discomfort
- workspace ergonomic assessments
- Fitness Programs



**RANDI MCDOWALL, LCSW**  
LAMP Supervisor/Care Coordinator  
rmcdowall@manateeyourchoice.com  
x6469

- Worksite programing regarding Behavioral Health Topics
- Help finding in-network Therapists/ Psychiatrists
- Coaching sessions for members participating in certain wellbeing programs



**VANESSA RENE, CPHT, RPHT**  
Pharmacy & Tobacco Advocate  
vrene@manateeyourchoice.com  
x6418

- Tobacco Cessation Aids
- Prior Authorizations
- Vaccination Questions
- Compound Reimbursements
- Pharmacy Related Questions



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