



Prevention, Detection and Evaluation of heart disease

Key Business Relationships

HealthCall

Crown Point, IN

Game of Health

Irving, TX

Clover Healthcare

Philadelphia, PA

Hospital Corporation Of America

Nashville, TN

Community Healthcare System

Munster, IN

MedicalEdge

Dallas, TX

New Heart, Inc.

Albuquerque, NM

American Diabetes Association

Alexandria, VA



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Your Heart Score, LLC

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YOURHEARTSCORE.COM

Consulting

• Cardiac Rehabilitation

- Management and clinical experience in Cardiac Rehabilitation (hospital, physician practice and not for profit settings) with published clinical and financial outcomes.

• Lipid Clinics

- Developed the first community based program to use advanced lipid testing

• Heart Failure Programs

- Demonstrated 72% reduction in readmission rates with Heart Failure Clinic and Tele management program (HealthCall)

• Diabetes and Bariatrics programs

- Developed TLCEdge program for diabetes, medical and surgical weight loss

• Corporate wellness and screening

- Worked with multiple corporate wellness and screening programs, including Alcon Labs, City of Grapevine and East Chicago, Federal Reserve Bank of Dallas and Sabre. Provides coaching and support for the Game of Health, Clover Healthcare and Winning At Work (American Diabetes Association).

Medical Writing

Grants, Reports, White Papers, Research Protocols

• Redefining the Risk—Research protocol

- Community Healthcare System, Munster, IN

• Developing a Tier 3 Medical Practice

- Medical Edge Healthcare Group, PA

• Texas Award For Performance Excellence—Progress Level Award

- Medical Center of Lewisville

• Outpatient Monitoring of Chronic Disease—Case Study

- HealthCall, Crown Point, IN

• Partnership for Peak Healthcare Performance—White Paper

- Dallas Fort Worth Business Group on Health

• What are the Sources of Variation in AMI Mortality Rates

- HCA North Texas Division

• Heal Her Heart: Healthy, Energized and Revitalized—Grant

Coaching

Exercise physiologist and personal health coach for the following groups

- Heart disease
- Lipoprotein disorders
- Heart Failure
- Hypertension
- Diabetes
- Obesity
- Metabolic syndrome
- Wellness and fitness
- Athletic conditioning

Educational Program

video, audio, print and live presentations

- Knowing Your Heart
- Checking Your Heart
- Healing Your Heart
- Moving Your Heart
- Feeding Your Heart
- Trimming Your Heart
- Minding Your Heart
- Cleansing Your Heart

www.knowingyourheart.com

www.knowingyourdiabetes.com



Consulting—Writing—Coaching—Education