**Corey D. Lewis**

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**515.943.0122**

**Education:**

**Bachelors of Arts in Interdisciplinary Studies, specializing in Health Science** from the University of Iowa, Iowa City, IA

**Top Skills:** Health Coach, Digital Coach, MS Project and Excel

**Experience as Health Coach:**

Over 6 years of experience working as Corporate Wellness Health Coach which includes one to one coach in person and teleconferencing, analyzing consumer data’s, creating content, monitoring user feedback using wearable technology

**Experience in Digital Coaching:**

Has 6 years of experience in digital coaching using softwares and ensured the company policy and procedures, rules, and daily routines.

**Experience with Behavior Change Theories and Practices:**

Trained by Johns Hopkins in the science of weight loss, and behavior change; using Motivational Interviewing techniques to guide client success.

**Experience:**

**Broadlawns Medical Center, Des Moines, IA 4/2017-Present**

**Clinical Health Coach**

* Empowering patients to become active participants in their healthcare by assisting them in developing a healthy and sustainable lifestyle.
* Developed and implemented the ***Healthy Choices for Life Weight loss Program***.
* Developed and implemented the ***Pediatric Weight Management Program***.
* Assist patients with chronic care management.

**Supreme Health, Johnston, IA 11/2012-4/2017**

**Health Coach/Owner**

* Specialize in diabetes management and weight loss management.
* Provided tailored health and wellness solutions that drive healthy changes in companies and reduce healthcare cost.
* Introduced new product launchings, promotions and utilized comprehensive product knowledge and enthusiastic personality to gain rapport with buyers and key decision makers.
* Analyzed consumer needs in accounts by identifying issues, tracking trends. Delivered fact-based selling features and tolls in order to gain additional linear footage.
* Providing excellent service and follow-up.

**Healthways, Des Moines, IA 11/2011-09/2015**

**Innergy Healthier Weight Coach**

* High-touch, personalized solution proven to sustain weight loss.
* Applied protocols and science of the Johns Hopkins POWER clinical trial, funded by the National Heart, Lung and Blood Institute.
* Assessed and compared the effectiveness of weight loss interventions that could be used in primary care practices to help obese patients with one or more risk factors.
* Built rapport with participants, using proven techniques to increase an individual's ability to achieve their weight loss goals and maintain a healthier weight for life.

**Orchard Place, Des Moines, IA 08/2009-11/2011**

**Primary Milieu Treatment Counselor**

* Responsible for helping ensure that company policy and procedures, rules, and daily routines occur on a consistent basis each day
* Maintaining strict client confidentiality. Responsible for training and educating new hire staff and other co-team members.
* Assist clients with behavior and health changes for future progress.

**Other:**

**Community Service**

2008 Iowa flood sand bagging group.

Agape Christian Fellowship youth mentor.

Meals from the Heartland, meal packer

**Intercollegiate Athletics 2004-2006**

**Iowa Central Community College,** NAIA Men’s Track & Field and Men’s Basketball

Devoted 20 hours per week to athletics while carrying a full course load