



Meet your new Health Engagement Nurse

Brandy White, BSN, RN

I am your Health Engagement Nurse with UnitedHealth Care. I have the pleasure of being dedicated to support the Georgia State Health Benefit Plan (SHBP) members. As a Georgia resident myself, I am excited to work within my community to promote healthy lifestyles and improve health outcomes.

How can a Health Engagement Nurse help me?

Brandy is available to meet with you to discuss lifestyle behaviors you may want to address such as weight loss, physical activity, nutrition counseling, chronic condition management and disease prevention. Your Health Engagement Nurse will help you create and work toward your personal health goals. This is a free service provided as part of your SHBP benefits package.

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

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

What other services does my Health Engagement Nurse offer?

Your onsite Health Engagement Nurse will:

- Help you and your family make better health care decisions
- Demonstrate how to navigate UnitedHealthcare tools and resources
- Provide health education to individuals, families and groups through in-person and virtual classes
- Refer employees to appropriate wellness programs and services
- Perform blood pressure / weight / BMI screenings
- Provide support with chronic illnesses like diabetes, hypertension and asthma



How can I reach my Health Engagement Nurse?

Mon-Fri 8:00A-5:00P EST

Telephone:
(478) 221-5418

*Will show up as
UnitedHealth Care when
calling

Email:
Brandy_white@uhc.com