

Andre Bellamy

HEALTH COACH

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SUMMARY

Health coach with 4 years of health coaching by phone and in person for members living with diabetes, heart disease and high blood pressure. Uses motivational interviewing and goal setting around food, activity, medication and tobacco cessation. Manages a panel of 150 members and keeps all notes HIPAA compliant.

SKILLS

Other Skills: Health Coaching, Motivational Interviewing, Chronic Disease Management, Tobacco Cessation, Goal Setting, Care Management Software, Blood Pressure Screening, HIPAA, Microsoft Excel, Active Listening

EXPERIENCE

Health Coach

01/2024 - Present

Bluegrass Member Health Services

Louisville, KY

Care management vendor for Medicaid and Medicare health plans.

- Coach a panel of **150** members by phone in 30-minute sessions focused on chronic disease management.
- Build action plans with members who smoke; 41% of smokers on the panel quit in 2025.
- Escalate warning symptoms and medication gaps to RN care managers, about 20 referrals a month.
- Document calls and goals in the care management software, passing 100% of quarterly HIPAA chart audits.

Community Wellness Specialist

06/2022 - 12/2023

Falls City Community Wellness Center

Louisville, KY

Nonprofit fitness and wellness center in west Louisville.

- Led 8-week diabetes prevention and walking groups for 15-20 adults each.
- Ran blood pressure screening for 300 members a year and referred high readings to their doctors.
- Taught healthy cooking demos on a \$50 budget and tracked attendance in Microsoft Excel.
- Recruited 60 new participants through churches and senior centers in western Louisville.

EDUCATION

Bachelor of Science

05/2022

University of Louisville

Louisville, KY

Exercise Science

CERTIFICATES

ACE Certified Health Coach

03/2023

American Council on Exercise

Certified Tobacco Treatment Specialist (CTTS)

09/2024

Mayo Clinic Nicotine Dependence Center