

MIA TAYLOR

Associate Wellness Specialist

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PROFESSIONAL SUMMARY

Accomplished Wellness Specialist with 7 years of experience in designing and executing comprehensive wellness programs that focus on enhancing both physical and mental health. Adept at conducting health assessments, facilitating impactful workshops, and providing personalized coaching. Committed to fostering an empowering environment that inspires individuals to achieve lasting wellness and overall quality of life.

WORK EXPERIENCE

Associate Wellness Specialist

Blue Sky Innovations

📅 Mar / 2020-Ongoing
📍 Chicago, IL

- 1. Scheduled and coordinated well-care visits for members with primary care physicians.
- 2. Conducted outbound and inbound calls to assess health plan members' eligibility and needs.
- 3. Met and exceeded individual growth and production targets regularly.
- 4. Contributed to departmental success by achieving quality metrics consistently.
- 5. Reviewed member correspondence to identify needs and expedite qualified cases.
- 6. Managed follow-up correspondence, ensuring timely responses to inquiries.
- 7. Maintained up-to-date knowledge of state and federal health regulations.

Wellness Specialist

Lakeside Apparel Co

📅 Mar / 2018-Mar / 2020
📍 Chicago, IL

- 1. Assisted in the delivery of mobile mental health services to underserved adults and adolescents.
- 2. Conducted comprehensive assessments to establish individualized treatment goals.
- 3. Implemented interventions to enhance coping skills and reduce symptoms for clients.
- 4. Provided 24-hour crisis response and intervention as needed.
- 5. Facilitated wellness recovery action plan (WRAP) groups to improve client functioning.
- 6. Conducted safety assessments in community settings to ensure client well-being.

EDUCATION

Bachelor of Science in Health Promotion

University of Illinois

📅 Mar / 2016-Mar / 2018
📍 Portland, OR

Focused on developing strategies to promote health and wellness in communities.

SKILLS



ACHIEVEMENTS

- 🌟 Increased member engagement in wellness programs by 30% through innovative outreach strategies.
- 🌟 Successfully coordinated over 50 health assessments, resulting in improved health outcomes for clients.
- 🌟 Developed and implemented a workshop series that led to a 25% increase in participant satisfaction ratings.