

# Meet Travis County's UHC Health Coach

## Frances Diep, RDN, LDN, CDCES

*Registered & Licensed Dietitian Nutritionist, Certified Diabetes Care & Education Specialist*

### How can Travis County's UHC Health Coach help me?

Frances is available to meet with Travis County employees, as well as their spouses and dependents (age 18+) who are covered by the Travis County UHC health plan.

She provides personalized support in the areas of:

- Nutrition and physical activity
- Chronic condition prevention & management
- Behavioral health

Her specialties include pre-diabetes and diabetes care, with a focus on a non-diet approach that helps individuals build a healthy relationship with food.

### Travis County's UHC Health Coach can also help with:

- Navigating UnitedHealthcare tools and resources
- Referrals to wellness programs and services
- Providing health education to individuals and groups through in-person or virtual sessions

*Note: all your personal health information will be protected in accordance with HIPPA. None of your personal information will be shared with your employer.*



### Contact Your Health Coach

**Telephone:**  
(512) 539-6374

**Email:**  
[Frances.diep@traviscountytx.gov](mailto:Frances.diep@traviscountytx.gov)

**Online Scheduling:**  
[Calendly.com/frances-diep](https://Calendly.com/frances-diep)

Or scan the QR code below to set up an appointment:

