

MEREDITH MCGILVRAY

WHAT ARE SOME OF YOUR HOBBIES AND INTERESTS?

"I love being outside - spring, summer, fall! Lately you can find me trail running or hiking during my "Me Time". In the winter I am usually in the kitchen cooking or in a hockey rink. But no matter the season, I will almost never turn down ice cream."



Employee Snapshot:
 Years Worked: 8 years
 Job Title: Wellness Program Manager

HOW DID YOU COME TO FIND OUT ABOUT THE NHIT?

"While finishing my master's at PSU, my professor informed me about the job opportunity. I was a little skeptical at first because I was interviewing for a brand-new position at a company that didn't really exist yet. I accepted the job and started a couple months later."

IS THERE AN INTERACTION THAT YOU'VE HAD WITH A MEMBER THAT STICKS OUT TO YOU?

"The day a member called to thank us for potentially saving her life (I still get goosebumps!). This member was with an employer who recently joined NHIT and she traditionally participated in wellness. She said it was the wellness rewards that prompted her to establish a relationship with a Primary Care Provider and make the initial appointment, which lead to the specialist appointment and the unfortunate cancer diagnosis. This is a happy story; she was calling after surgery to share the positive outcome and cancer free update."



WHAT IS YOUR ROLE WITHIN THE TRUST?

"As the Wellness Program Manager, I oversee the integration of wellness benefits with the health plan. That is fancy talk for: I design wellness initiatives, coordinate vendor programs, as well as create and present various educational pieces on health and wellbeing."

