



Courtney Karam, MPH, CHES



Passionate about well-being, Courtney Karam joined the Healthy@Harris Employee Wellness Team as a Senior Employee Wellness Coordinator in December 2019. In her role, Courtney is primarily responsible for managing data and reporting, the Healthy@Harris Rewards Program, online learning and the Wellness Champions. She also enjoys creating and teaching classes and workshops.

Courtney has 12 years of experience in workplace well-being programs and behavior change for chronic disease prevention, previously working for organizations such as Chevron, MD Anderson Cancer Center and American Heart Association. She has a Bachelor of Science in Public Relations from The University of Texas at Austin and a Master of Public Health (MPH) in Health Promotion and Behavioral Science from The University of Texas School of Public Health in Houston. She is also a Certified Health Education Specialist (CHES).

In her free time, Courtney loves to travel. She has visited over 40 countries, with a life goal to reach 100. She also enjoys spending time with family & friends, playing ball with her dog Sammie, exploring new places, food, nature, yoga and cycling.

Contact us at employeewellness@harrishealth.org; 346-426-1597

Harris Health is committed to helping you achieve your best health. Incentives for participating in a wellness program are available to all eligible employees. If you think you might be unable to meet a standard for a incentives under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact our Cigna representative at 346-302-4248 or via email at HarrisHealth@cigna.com and we will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.