



## 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 Premium Rewards Program, online learning and the Wellness Champions. She also enjoys creating and teaching classes and workshops.



Courtney has 8 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 nearly 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.

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 incentives under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact our designated Cigna Customer Service Representative at 346-302-4248 or via email at [HarrisHealth@cigna.com](mailto: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.