

**From:** [Quinn, Jena](#)  
**To:** [Wilvert, Karen](#); [Mantello, Kristen](#)  
**Cc:** [RobertSmith, Erica](#); [Emerle, Danielle M.](#); [Skadberg, Michele](#); [Blanchard, Pierce](#)  
**Subject:** RE: Onsite Health Coach Contacts  
**Attachments:** [image002.png](#)  
[image003.png](#)  
[Substance Misuse Among Pre-teens and Teens.pdf](#)  
[24 7 Drug and Alcohol Support.pdf](#)

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Hi Karen – Good morning! (I've got a few other follow up items coming your way, but sending the below now)

+Michele, our Behavioral Health Account Executive.

- Gulfstream expressed interest in a drug abuse/drug awareness campaign
  - **Blog:** [Understanding The Signs And Effects Of Substance Use](#)
  - **Article:** [How Behavioral Health Benefits Can Build A Recovery-Friendly Workplace](#)
  - **Fliers**
    - Substance Misuse Among Pre-teens and Teens (attached)
    - 24/7 Drug and Alcohol Support (attached)
  - **Network: Blue Distinction Centers**
    - Blue Distinction Centers for substance use treatment and recovery aims to improve patient outcomes and value by focusing on providers across the full continuum of care who deliver and facilitate treatment for substance use disorder, including opioid use disorder.
    - Access the BDC/BDC+ [provider directory](#) for Substance Use Treatment and Recovery. Review the [program selection criteria](#).
  - **Public Domain Resources**
    - [Substance Abuse and Mental Health Services Administration](#)
    - [Find a support group for mental health, drugs, alcohol - SAMHSA](#)
  - We'd be happy to send an Anthem tablecloth, fliers, & giveaways. Looking forward to connecting further and supporting Gulfstream on this important topic.

Jena

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 **Jena Quinn**  
Client Executive, Anthem Blue Cross and Blue Shield  
740 West Peachtree Street NW, Atlanta, GA 30308  
O: 470-562-1276 | M: 678-920-0004

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**From:** Wilvert, Karen <Karen.Wilvert@gulfstream.com>  
**Sent:** Tuesday, April 8, 2025 9:38 AM  
**To:** Mantello, Kristen <kmantello@care-anthem.com>  
**Cc:** RobertSmith, Erica <Erica.Robertson@anthem.com>; Emerle, Danielle M. <DanielleM.Emerle@anthem.com>; Quinn, Jena <jena.quinn@anthem.com>

**Subject:** {EXTERNAL} RE: Onsite Health Coach Contacts

Good morning everyone!

I look forward to meeting the team, learning more about the program and discussing additional ways to support our employees. As I mentioned on the Anthem call, we do have the request to do something around substance abuse so think it would be good to discuss this topic with you all and also discuss engagement ideas for the Savannah site.

Talk to you all this afternoon.

Thank you,

Karen

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**From:** Mantello, Kristen <[kmantello@care-anthem.com](mailto:kmantello@care-anthem.com)>

**Sent:** Monday, April 7, 2025 2:43 PM

**To:** Wilvert, Karen <[Karen.Wilvert@gulfstream.com](mailto:Karen.Wilvert@gulfstream.com)>

**Cc:** RobertSmith, Erica <[Erica.Robertson@anthem.com](mailto:Erica.Robertson@anthem.com)>; Emerle, Danielle M. <[DanielleM.Emerle@anthem.com](mailto:DanielleM.Emerle@anthem.com)>; Quinn, Jena <[jena.quinn@anthem.com](mailto:jena.quinn@anthem.com)>

**Subject:** Onsite Health Coach Contacts

Good afternoon, Karen,

I wanted to reach out and formally introduce myself, my Team Lead Erica, and our Director, Danielle. We have been supporting the Gulfstream coaches since implementation with Anthem in 2020. When we heard your introduction last week on the Annual Review, we were excited to learn that you would be supporting the coaching program given Kim's departure. Erica and I participate in a recurring monthly Health Coach call with Amy Zwemer, Sarah Mueller, and our coaches. That call happens to be tomorrow at 2pm EST. We wondered if you were going to be joining those calls going forward? Regardless, Erica and I would love to connect with you and learn about your perspective of the coaching program, discuss any expectations you may have, answer any questions related to our health promotion initiatives, and any other topic that may be important to cover. We certainly look forward to the opportunity to meet with you and have truly appreciated the amazing partnership we've had with Gulfstream over the years. Please feel free to reach out to us at any time as well.

Thank you,

Kristen

**Anthem Blue Cross and Blue Shield**

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**Kristen Mantello, LMSW**

Manager II, Anthem Blue Cross and Blue Shield

M: 518-416-3631

[kmantello@care-anthem.com](mailto:kmantello@care-anthem.com)



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