**Clinical Pharmacist, Health Advocate & PCP Care Team**

**Sarah Amering**, PharmD, BCACP, Clinical Pharmacist at Ruth Fertel/Tulane CHC

**What I do:**
I provide support for patients with severely uncontrolled diabetes, hypertension, hyperlipidemia, smoking cessation and obesity.

I see patients individually and provide nutrition education, medication titration, and evaluation of pertinent labs.

**The patients I see:**
- Patients with uncontrolled diabetes
- Patients with uncontrolled hypertension
- Obese patients
- Patients who smoke

**How to make an appointment:**
Talk to your PCP about scheduling an appointment. You can also approach the front desk about an appointment, or call 504-609-3500.

**Further contact info:**
samering@xula.edu

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**Primary Care Provider (PCP)**

**What I do:**
I oversee all aspects of your care. I can refer my patients to either the PharmD or the Health Advocate to compliment and enhance patient care.

I will be able to read notes about encounters with the PharmD or Health Advocate in the patient chart and stay up-to-date with the progress you make during those sessions.

The PharmD or Health Advocate will inform me should any questions or concerns arise during an encounter.

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**Sarah Goodman**, Health Advocate

**What I do:**
I provide general health and wellness coaching and goal-setting on the following topics: Weight loss, Nutrition, Exercise, Smoking Cessation, Medication Adherence. I use standardized patient education materials and motivational interviewing to encourage patients to develop health and wellness goals. I can also connect patients to resources such as in-clinic programming and community health and wellness opportunities.

**The patients I see:**
- Patients with diabetes, hypertension, obesity, and smokers that want to create lifestyle changes
- For connection to clinic and community health and wellness resources

**How to make an appointment:** Talk to your PCP about scheduling an appointment. You can also approach the front desk about an appointment, or call 504-609-3583.

**Further contact info:** sgoodma@tulane.edu