



**Jessica Hernandez,
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Jessica Hernandez is a Registered Dietitian Nutritionist, Certified Diabetes Care & Education Specialist, and Certified Health & Wellness Coach with over a decade of experience helping individuals build sustainable, evidence-based habits. She serves as a senior health & wellness coach with The Ohio State University Health Plan, where she provides care coordination and develops and leads programs such as the Diabetes Prevention, GLP-1 Transition Series, and Buckeye Baby prenatal and postpartum wellness series. Jessica earned her bachelor's degree in dietetics from The Ohio State University and a graduate certificate in food and nutrition from Bowling Green State University. She holds a Wellcoaches certification and advanced training in diabetes care and education as well as pre- and postnatal wellness. Her work has been recognized for advancing integrative, family-centered nutrition coaching, and she has presented on women's health and metabolic wellness at The Ohio State University. Jessica's approachable teaching style helps audiences connect science with real life so they can navigate everything from family dinners to football tailgates with confidence and balance.