

# Stanford

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## Alexandra Carlo

Wellness Program Manager, HealthySteps

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### Bio

#### BIO

Alexandra Carlo is a Wellness Program Manager at Stanford University where she provides programs, services, and resources for the Stanford Medicine Children's Health employee population. She is a seasoned public health professional with over eight years of experience in healthcare, health promotion, and employee wellness. Alexandra's passion lies in bridging the gap between employer well-being and employee well-being, empowering employees to be well and achieve their full potential professionally and personally.

Before Stanford, Alexandra was a Senior Wellness Consultant for Marsh McLennan. She played a critical role in designing and implementing employee wellness programs for organizations of all sizes and across various industries. Alexandra has also held roles in the healthcare and public health settings at Ann & Robert H. Lurie Children's Hospital of Chicago and the Medical College of Wisconsin. Alexandra holds certifications as a Certified Health Education Specialist and Mental Health First Aid Instructor and earned her bachelor's degree in Public Health Education & Health Promotion.

#### EDUCATION AND CERTIFICATIONS

- MHFA Instructor, National Council for Mental Wellbeing
- CHES, National Commission for Health Education Credentialing (NCHEC)