

# Alexis Clouser

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## EDUCATION

UAMS, MPH. *Health Policy and Management* (present)  
University of Alabama, BS. *Health Geography* (2018-2022)  
The Baptist Preparatory School, Little Rock, AR (2018)

## EMPLOYMENT

### **Arkansas Blue Cross & Blue Shield Little Rock, AR (Present)**

Corporate Marketing, *Content Communications Coordinator Associate*

- Assist the content creation team in creating innovative strategies to increase reach, impressions, and engagement
- Help organize and facilitate the distribution of internal and external-facing content to maximize effectiveness
- Compose articles and posts designed to convey current events within the Enterprise and communicate with employees regarding their benefits and tasks

### **Arkansas Blue Cross & Blue Shield Little Rock, AR (May-August, 2022)**

Wellness, *Health Promotion Intern*

- Responsible for creating, reviewing, and managing content promoting and encouraging the holistic health and well-being of employees
- Proficiently employed a myriad of software required to publish and edit internal and external facing articles including SharePoint, Meltwater, Word, and Excel
- Collaborated with a multi-disciplinary team to create and review initiatives, benefits, and utilization of health-related services within the Enterprise

### **The University of Alabama Tuscaloosa, AL (2020-2022)**

University Recreation, *Yoga Teacher*

- Instructed participants in their mind and body practices of Yoga
- Drafted comprehensive lesson plans and utilized accessible language to instruct participants in the planned movements
- Helped participants visualize a plan for integrating health and wellness into their daily lives

### **Health Promotion and Wellness Department Tuscaloosa, AL (2018-2022)**

Campus Communication and Education, *Peer Education Intern*

- Composed entirely original content and distributed it to students across the university campus with a focus on spreading awareness of health-related issues
- As a member of the executive board, managed and delegated tasks, reviewed drafted content, and created ideas for new initiatives

**OrthoArkansas** Little Rock, AR (2020-2021)

Patient Communications, *Patient Care Ambassador*

- Served as a liaison between patients and providers discussing health plans, medications, and return appointments
- Facilitated connection between the patients and their next step of care (i.e. physical therapy, DME, etc)
- Directed and instructed patients to ensure a smooth and efficient overall experience

**CULTURAL EXPERIENCE**

Study Abroad Experience in Costa Rica- Spring 2020 (January-March) where the focus was teaching students about Climate Change, successfully implemented environmental policy and environmental issues while providing a collaborative platform to brainstorm thoughts and reform to issues in these areas. Received a publication for writing efforts while working abroad.

**CERTIFICATIONS AND SKILLS**

- Proficient in Microsoft suite, including Excel, Power BI, and other associated tools
- Experience in R
- First Aid/CPR (2021)
- Spanish (2018-present)
  - 8+ years of Spanish classes including upper level college courses
  - Served as an as-needed translator for patients at OrthoArkansas

**HONORS AND AWARDS**

Presidential Scholarship (\$19,000/year) Fall 2018-Present

Academic Common Market Scholarship (\$25,000/year) Fall 2018-Present

Freshman Excellence Scholarship (\$5,000) Fall 2018

**PUBLICATIONS**

Temperature Microclimate Near a Tropical Rainforest Waterfall, *Papers in Applied Geography*, Spring 2021 <https://doi.org/10.1080/23754931.2021.1929421>

Personal Blog- Crear ("To Create" in Spanish) 2021-Present [www.alexisclouser.blog/](http://www.alexisclouser.blog/)