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Prevea Launches Podcast, “Plug in to Health” Now available on Apple, Spotify and prevea.com

Green Bay, Wis. – Prevea Health is pleased to announce the launch of *Plug in to Health*, a podcast focusing on various health topics, the latest developments in health and medicine, and more. It is available for free on Apple, Spotify and other podcasting platforms, as well as at: www.prevea.com/podcast

According to The Podcast Consumer 2019, a report conducted by Edison Research, the audience for podcasting has grown significantly in the past year: Today, 51 percent of Americans 12+ has ever listened to a podcast, with 32 percent having listened in the past month and 22 percent in the past week.

“At Prevea Health, we are passionate about improving the health and wellness of our communities,” said Dr. Ashok Rai, President and CEO at Prevea Health. “Plug in to Health is another way to connect with not only our patients and communities, but others across the globe that have an interest in learning more about their health, medicine and those who dedicate their lives to it.”

Plug in to Health is hosted by Angela Deja, public relations coordinator at Prevea Health. Prior to her role at Prevea Health, Angela spent nearly a decade as a television news reporter in Wausau at WSAW and in Green Bay as “Angela Kelly” for WLUK’s morning news program, Good Day Wisconsin. She holds a degree in journalism from the University of Wisconsin – Eau Claire.

“Prevea Health has numerous experts in primary care and in more than 60 types of medical specialties,” said Deja. “We also have many on the front lines of implementing change across the entire health care landscape – from tackling the opioid crisis to introducing new technologies and treatments. All of these experts have incredible knowledge to share and inspiring stories to tell. I look forward to putting my interview hat back on and diving into the topics our listeners most want to learn about.”

Episodes currently available on *Plug in to Health* focus on: Creating healthy habits; coping with anxiety known as “The Sunday Scaries”; and how carrying “the mental load” for their families is having a mental and physical impact on women.

“We encourage our listeners to let us know what they would like to learn more about in the world of health and medicine – whether it be about a common or little-known medical condition, or a maybe a new development on the horizon,” said Deja. “This podcast is not about what Prevea Health wants to promote, but rather, what our listeners want to learn about.”

Those interested can submit episode ideas, questions and feedback by visiting: www.prevea.com/podcast

The information provided in *Plug in to Health* does not constitute medical advice and is not intended to replace interactions with a health care professional. Those who are concerned about their health care should consult with a health care professional.

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About Prevea Health

Founded in Green Bay, Wis. in 1996, Prevea Health is a health care organization that provides high-quality, primary and specialty health care in 80+ locations across Northern, Eastern and Western Wisconsin in clinic and hospital settings. It is partnered with six Hospital Sisters Health System (HSHS) hospitals across Wisconsin to provide patients a system of highly-coordinated care, close to home: HSHS St. Vincent Hospital and HSHS St. Mary's Hospital Medical Center in Green Bay; HSHS St. Nicholas Hospital in Sheboygan; HSHS St. Clare Memorial Hospital in Oconto Falls; HSHS Sacred Heart Hospital in Eau Claire; and HSHS St. Joseph's Hospital in Chippewa Falls. For more information, visit www.prevea.com.