



My name is Roxana Large and I am a Registered Nurse with a healthcare background spanning over twenty years in a variety of settings. Prior to becoming a Registered Nurse, I worked as an Exercise Physiologist. This unique combination of skills opened a door for worksite healthcare, focused on disease management education and health promotion. I believe in an integrated approach to health and wellbeing that draws from both lifestyle medicine and allopathic recommendations and research.

I have worked with both the hospitality and technology industries to engage employees in their healthcare at the worksite. I am sincerely passionate about helping people realize their potential with their health, resulting in improved vitality to enjoy day to day activities. Why should you engage with a worksite RN on your health concerns?

- All health information shared is confidential. I cannot, and will not, share our private health conversations with your employer.
- I can connect you with resources useful to your health needs.
- I can address any concerns with your benefits plan.
- I can assist you with your vision of ideal health that is tailored to your needs.
- My services are free to you – I come as a benefit with your AZ Blue health plan.

I like the quote by Ralph Waldo Emerson “To be yourself in a world that is constantly trying to make you something else is a great accomplishment” and is a model on which to set our health goals so that they are unique and achievable, respecting our individuality and align with our personal interests.

I look forward to getting to know the employees throughout the various agencies that serve the State of Arizona. Feel free to contact me at the information below!

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