



Tara Cox, MPH, RDN

**Sr. HR Consultant LiveWELL
Atrium Health**

Tara Cox MPH, RDN has over 20 years of experience in nutrition and well-being. She has worked as a clinical dietitian, health coach, program development manager and well-being consultant; a career with a 360-degree view of the well-being industry. Tara is currently a Sr. HR Consultant for the LiveWELL program at Atrium Health where her focus is vendor management, incentive strategy and condition management programs for Atrium teammates. She is honored to provide care to the caregivers at Atrium. Tara earned her B.S. in Biology from North Carolina Agricultural and Technical State University and her Master of Public Health degree from the University of North Carolina at Chapel Hill.