

Mariah Caracoza Biography

Ms. Caracoza holds a Bachelor of Science degree in Health Science with a concentration in Community Health Education from California State University, Long Beach. While obtaining her undergraduate degree, she was a Wellness Intern for a year providing her expertise in researching predominant health issues and the best strategies to fit the needs of each health management client.

Before obtaining her undergraduate degree, her plans included nursing school. However, since then, she has decided to focus on community health education and developing programs to address risk factors within various populations. After graduating, she enhanced her career by becoming a Health Management Representative providing support for the development, coordination, and evaluation of wellness programs across her health management clients.

Under her current position of over two years as a Health Management Representative, Ms. Caracoza was awarded the Exceptional Customer Service Award for the 1st Quarter of 2023. This award was created to recognize employees who go above and beyond services to external clients and internal departments.

After working as a Wellness Intern and now a Health Management Representative, she has decided to further her education in Public Health to gain knowledge of current and future health and wellness promotions and practices throughout various populations.

Outside of her career, she has been practicing yoga for over 3 years which has been an outlet for staying physically and mentally active. She also enjoys traveling, finding new recipes to cook, going to the beach, and spending quality time with her family, friends, and her 5-year-old Maltipoo, Cody.