

## Nurse Practitioner Jean Thomas



Jean A. Thomas, FNP-C

Jean Thomas joined Cigna Onsite health in July of 2013 as a Family Nurse Practitioner in Dallas and Sunnyvale Texas. She currently serves as the Lead Nurse Practitioner for Cigna Onsite Health for the Texas locations. With over 31 years' experience as a Registered Nurse and 14 years' experience as a Board Certified Family Nurse Practitioner, Jean has a strong clinical knowledge base and has functioned autonomously as a FNP for many years.

Prior to joining Cigna Onsite Health Jean was a Family Nurse Practitioner in a variety of clinical settings. These settings include extensive experience in onsite health. In addition, she practiced in a walk in clinic setting, 5 years in a pediatric practice, and general Family Practice with a private physician practice.

Jean has extensive experience in the management of chronic conditions, wellness promotion, well woman exams, annual physicals, sports physicals as well as acute care visits. Jean is also Nationally Certified as a DOT examiner by the FMCSA. Jean obtained her initial Associate Nursing Degree from Bristol Community College in Fall River, Massachusetts, her Bachelor of Science in Nursing Winston Salem State University and her Master of Science in Nursing from East Tennessee State University. Due to her GPA of 3.9 she was inducted into Sigma Theta Tau, the National Nursing Honor Society.

Jean is a strong health advocate and believes in the power of preventative health maintenance and a healthy lifestyle and empowering patients to achieve health goals. Integrating teaching into her patient visits is a very important part of the care she provides.

Jean brings with her a positive attitude, the ability to be a team player, and a passion for her work with a focus on the onsite health model.