



Name: Arkin "Kinnie" Tidwell

Job title: Claims Processor Lead (Team Leader)

How long have you worked here?

I've been working for UF Health/Patient Financial Services since May 2002

How do you stay healthy at work?

I stay hydrated by drinking lots of water instead of sodas, juices and coffee. I park my car far away to get extra steps in. I also try to fit in walking breaks.

What has been your favorite wellness event or activity to participate in?

The Water Challenge has been my favorite so far. It encouraged friendly competition in my area. It was fun. I also look forward to the Wellness Fair every year in April.

What's one thing that we don't currently do that you'd like to see us do?

I would like to see a challenge that we can incorporate with our children. I would also like to see maybe a Meet up group that can meet up after work hours for walking and exercising.

What is your favorite healthy meal?

I love salads. I will look up recipes to see what kind of variations I can make.

What is one health goal you are currently working on?

I'm trying to achieve overall wellness for mind, body and soul.