



Mackenzie Schmutzer

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As the Health & Wellness Specialist at Nelson-Jameson, I'm on a mission to make healthy living both accessible and engaging for our employees. From running energetic wellness challenges and biometric screenings to laying the groundwork for a brand-new individual and group health coaching program, I have a passion for helping people become the best versions of themselves. My journey includes past roles as a Health & Wellness Coordinator for my current workplace and a direct primary care practice. Under my wellness leadership, Nelson-Jameson leveled up from a Silver Well Workplace Award in 2024 to shiny Gold status in 2026 from The Wellness Alliance! I hold Certified Worksite Wellness Specialist (CWWS), Certified Wellness Practitioner (CWP), Certified Health Coach, and AHA Basic Life Support & Heartsaver Instructor credentials. When I'm not sparking healthy habits at work, you can find me coaching volleyball on the court.