

Meet your Truist Richmond care team.



We're here to provide you a higher level of care.

Nurse Practitioner

Michele Hodges, MSN, APRN, AGNP-C



Michele specializes in caring for members from adolescence through their senior years. She earned her master's degree in nursing from the University of South Florida. And she's dedicated to promoting overall wellness and prevention through a comprehensive, well-rounded approach to care.

When Michele isn't working, she enjoys spending time outdoors, reading and walking her dog.

Behavioral Health Specialist

Sarah White, MS, LPC



Sarah earned her master's degree in clinical mental health counseling from Barry University. She's passionate about fostering a judgment-free environment where individuals can explore difficult issues and discover options to enhance their overall wellbeing.

To decompress, Sarah plays video games. She also enjoys going to the beach and spending time with her adopted pets.

Virtual Registered Dietitian

Allyson Lods, RDN, LD



Allyson completed her bachelor's degree in nutritional sciences at Howard University. She's passionate about helping members manage their weight and diabetes.

Allyson's hobbies include watching movies, reading books and spending time with her two rescue pups.

To schedule a virtual nutrition visit with Allyson, call **(980) 465-5154** or go to **My Premise Health**.



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Monday – Thursday, 7:30 a.m. – 5 p.m.
Friday, 8 a.m. – 12 p.m.
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