

Rashida Ruwa

FREELANCE HEALTH WRITER
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I'm a freelance health writer with 3+ years of experience and a clinical background in mental health and community health nursing. I write easy-to-understand, well-researched content that helps patients or consumers understand their health better. My work covers chronic conditions, medications, mental health, reproductive health, and health systems, always written in plain language and backed by trusted sources.

WORK EXPERIENCE

Freelance Health Writer

Healthline / April 2023 - Present

Create easy-to-read health articles that explain complex topics in plain language.

- Write about chronic conditions, medications, and mental health.
- Break down symptoms, treatments, and prevention clearly.
- Use trusted sources and follow brand guidelines.
- Work with editors and medical reviewers to ensure accuracy.

Freelance Medical Writer

Optum Perks / Jan 2023 - Present

Write drug guides that help patients understand how medications work and what to expect.

- Explain how to take medications, possible side effects, and cost-saving tips.
- Support decision-making with clear, accurate, and SEO-friendly content.
- Follow strict medical guidelines while keeping the tone simple and helpful.

Freelance Health Writer

Healthgrades / May 2022 - Present

Created easy-to-follow health content for patients and caregivers.

- Work closely with editors to meet voice and style goals.
- Covered topics like conditions, symptoms, and treatment options.
- Wrote with empathy, clarity, and backed everything with trusted sources.

Freelance Health & Travel Writer

Doctorsa / June 2024 - Dec 2024

Wrote health guides for international travelers navigating medical care in new countries.

- Explained how to access public, private, and emergency care abroad.
- Highlighted telehealth options and what to expect in different systems.
- Focused on cultural sensitivity, plain language, and practical tips.
- Used SEO to make sure content was easy to find in search.

EDUCATION

Higher diploma in psychiatric nursing

(2020 - 2021)

Diploma in community health nursing

(2010 - 2013)

Become an SEO Expert

LinkedIn

Content Marketing Foundations

LinkedIn

CORE SKILLS

- B2C health writing & patient education
- SEO for medical & wellness content
- Interviewing experts & translating research
- Mental health, chronic illness, medications
- Long-form articles & healthcare guides