



LAUREN BENZ
MVP Health Care

Lauren Benz joined MVP Health Care's team in 2015 as the Clinical Account Manager of their employee well-being program. Lauren strives to create a healthy workforce by developing, implementing and evaluating evidence based worksite wellness programs, resources and initiatives. In addition to the daily operations associated with program management, Lauren provides leadership to a cross functional steering committee and general committee, works collaboratively with senior leadership to craft strategic goals and objectives based on the needs and health status of the workforce, and proactively engages teams across the organization to ensure that business decisions promote the well-being of MVP employees.

A born and raised Long Islander, Lauren migrated upstate to pursue her Bachelor's of Science in Integrative Neuroscience from Binghamton University, State University of New York. She later relocated to the Capital Region, where she obtained her Masters of Public Health from the School of Public Health at the University at Albany – SUNY. In her spare time Lauren can be spotted running (literally) around the capital region, exploring farmers markets and volunteering at a local animal shelter.