

Liz Antaya's Bio



Liz has been in the Employee Health Benefits space for over 16 years and has worked at several agencies before landing at **Evergreen Benefits Group**. She is NAHU Self-Funding Certified and a Certified Health Reform Specialist. In 2021 she completed her master's degree in *Health Benefit Design and Health Informatics* from the University of Lynchburg, VA. In 2020 she became a certified **Health Rosetta** advisor and a member of **Mitigate Partners**, a Risk Management, Cost Containment, and Employee Benefits Consulting group made up of independent benefit advisors looking to collaboratively solve the biggest challenges in the health care industry. Her passion is helping employer groups of all sizes offer a better healthcare experience to their employees for less money and she has shared her employer group's successes on ABC Action News, in the Lakeland Ledger, Becker's Review and Automotive News. She is published in the **Physician's Outlook Magazine** and is a regular contributor on LinkedIn.

Liz is a graduate of the Leadership Lakeland program Class XXXI and Leadership Polk Class X. She is on the board of the Leadership Lakeland Alumnae Association and is current Events Chair. Liz is a founding board member of the Chapters Health Foundation and has been Vice Chair since 2021. She is active in MF-SHRM and a past board member. She is an elder at First Presbyterian Church. Liz has

Liz lives and works in Lakeland, FL, is married to Jason and has two children, her 22-year-old son who is a pilot and her 21-year-old daughter who just earned her nursing degree from UCF. She has been an active member of the COC since December 2021.

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