

## **Valeria Tivnan**

Director of Population Health Strategy & Wellbeing  
EBS, Employee Benefits Solutions



Valeria Tivnan is the Director of Population Health Strategy & Wellbeing at EBS, Employee Benefits Solutions. She advises EBS clients on how to develop and execute tactics that bring worksite wellness into their organizations and helps leaders transform employees into knowledgeable healthcare consumers. With over 20 years of experience, her passions lie principally in wellness, lifestyle medicine, disease prevention, mindfulness and population health management.

Valeria holds a Master's in education from Boston University and a Master's in Public Health from UCLA. During her career, she has provided certification courses for personal trainers through the American College of Sports Medicine and has spoken for the American Diabetes Association, the American Journal of Health Promotion and the World Research Group. She is an active member of HERO (Health Enhancement Research Organization) where she has contributed on several committees including Health, Productivity & Performance, and Culture of Health and Engagement Committees. She is also the Chair of the American College of Lifestyle Medicine's Lifestyle Medicine in the Workplace Group. She has also published research papers and articles on well-known Journals such as the Am J Health Promotion.

Valeria is a passionate educator – Besides her work at EBS, she is also an adjunct professor at Merrimack College teaching “Chronic Disease Prevention and Health Promotion” in the Health Science department, as well as the “Population Health Analytics” course in the Data Science & Analytics department. Valeria won EBA's prestigious ‘Wellness Director of the Year’ award in 2017.