

HOLLY FLONTEK

Senior Benefits Communication Consultant

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Current Responsibility

Holly Flontek is a senior benefits communication consultant for Milliman's Employee Benefits Administration Practice. Using her writing skills and benefit knowledge, she consults with clients on creative, results-driven strategies to communicate benefits and human resources initiatives to employees. Holly joined Milliman in 2022.

Professional Work Experience

Holly's experience includes 20 years of communication consulting to a broad range of client companies. She began in the retirement industry in 2003. Holly is skilled at developing, managing, and measuring campaigns that influence key stakeholders, increase employee engagement and provide education on health, well-being, and HR benefit communications. Key skills include project management, client relationship management, and multimedia communication strategies to support defined benefit, defined contribution, and health and welfare programs.

Before joining Milliman, Holly was a Strategic Marketing Communications Account Manager at Conduent. Additional experience includes communication leadership roles with BlueCross BlueShield, Willis Towers Watson, and Regions Financial.

Professional Designations

Group Benefits Associate (GBA) of the Certified Employee Benefits Specialist (CEBS) Program

Education

- BS, Business Management, University of Florida, Gainesville, FL
- Master of Health Sciences, University of Central Florida, Orlando, FL