



Paula Sheehan
Director of Member Engagement

Paula Sheehan is an experienced professional in the realm of health benefits and wellbeing, bringing over 25 years of invaluable practice to her role at the Midwest Business Group on Health (MBGH), where she joined forces in 2024. At MBGH, Paula spearheads a multitude of impactful projects and initiatives, focused on specific disease states and key industry trends. Her leadership extends to overseeing and bolstering the management and coordination of MBGH's educational programs, ensuring they remain at the forefront of innovation and relevance.

Before her tenure at MBGH, Paula held positions across hospital, intergovernmental, and corporate landscapes. In these roles, she orchestrated strategic planning efforts, executed evaluations of employer-sponsored health benefit plans and wellbeing programs, and drove initiatives that seamlessly aligned corporate health objectives with overarching business goals. As a strategic account manager, Paula cultivated fruitful partnerships with employer groups of all sizes, fostering synergies between corporate health initiatives and organizational objectives.

Paula completed a master's degree in Health Promotion, underscoring her commitment to encouraging healthy lifestyle choices. Her passion for empowering individuals and communities to embrace wellness shines through in her multifaceted career journey, where she consistently champions initiatives that prioritize holistic health and wellbeing.