



Lauren Efferding, CEBS

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Lauren Efferding is a senior benefits consultant in Milliman Omaha's employee benefits health and welfare practice. Efferding works closely with employers and their advisors and vendors on the design, budgeting, funding and implementation of employee benefit plans for medical, dental, life, disability, paid time off, stop-loss and other ancillary coverage. She manages seven senior and junior staff members and oversees quality risk management for the Omaha health practice. Since joining Milliman in 2013, Efferding has been involved in a wide range of projects. She was instrumental in developing consulting products and tools for midmarket employers (200-5,000 employees) that present high-level data analyses in an understandable form. She continues to work with clients and other Milliman consultants in the delivery and ongoing enhancements of these products. In her current position as a senior benefits consultant, Efferding specializes in managing client relationships to ensure strategic goals are achieved, determining the financial impact of combining multiple benefit arrangements alongside mergers and acquisitions, projecting financial results and more. She holds a B.S.B.A. degree in finance and a minor in marketing from the University of Nebraska-Lincoln.