



Tim Lao

**Health and Wellness Manager
Gwinnett County
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Tim Lao is the health and wellness manager for Gwinnett County Government and provides oversight to Gwinnett County's award-winning Embrace Wellness program and on-site Gwinnett Employee Wellness Center. With over 25 years of experience in corporate wellness and population health, Tim has led the development, design, and implementation of effective wellness solutions across government agencies, private companies, corporations, and health care institutions. He is responsible for aligning wellness strategies with organizational health objectives, enhancing population risk profiles, and promoting a culture centered on prevention and active engagement.