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Sarah Monley is a senior consultant at Cardinal Health. As a member of the benefits team, Monley manages program evaluation and health equity efforts and is responsible for establishing stakeholder support for company well-being. Prior to Cardinal Health, she spent ten years implementing and operating well-being programs for StayWell, now WebMd, and two years as a community health educator in the United States Peace Corps. These experiences have enabled her to be a strategic thought leader around employee well-being and to devise approaches that engage diverse employee populations in healthy behavior changes. Monley has a master's degree in public health from the University of California, Berkeley and serves as president of the C.E. Dingle Elementary School PTA.