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Sandra Wood is the chief benefits consultant with The Benefits Academy. She has worked in every aspect of insurance brokerage, consulting in fully insured and self-funded programs, analyzing contracts and rates, and assisting with implementation of plans and ongoing service. Wood is a Past President of the International Society of Certified Employee Benefit Specialists and a Past President of the Pacific Northwest chapter. She is a past member of the International Foundation of Employee Benefit Plans CEBS Committee and the Corporate Board. Her articles have been included in *Benefits Quarterly* and the *Thurston County Chamber Newsletter*. Wood has presented educational programs at ISCEBS Symposiums, Pacific Northwest Chapter ISCEBS sessions and the South Sound Association of Health Underwriters. She has trained agents in Denver and Washington and conducted human resource personnel training in Washington State. Wood's areas of expertise include PPACA, HSA, HRA, FSA, COBRA and FMLA. She graduated from Boston University with a bachelor of science degree in mathematics education and taught mathematics for two years prior to entering the field of health insurance. In 2023, Wood was inducted into the ISCEBS Hall of Fame.