Introduction of Emma Tekstra

For Interviews and Speaking Assignments

Emma Tekstra has spent her 30-year career in employee benefits as an actuary, pension consultant and global health thought leader with experience around the globe. She has a unique perspective on health and the healthcare industry itself, with "published author" now added to her list of achievements. Her first book, *How to Be a Healthy Human; What Your Doctor Doesn't Know About Health and Longevity*, is now available, with more to follow.

For 25 years Emma held various leadership positions at Willis Towers Watson (WTW), a global insurance brokerage and consulting firm.

- Consulting to some of the world's largest employers on their health, pension and other HR programs around the world.

- Developing technology for clients to better manage their benefit programs and for employees to gain access to information on their benefits as well as solutions to improve their health and wellbeing.

- Driving research and data analytics on a range of related employee benefits topics.

Emma's Passion is to help individuals improve their health and understand how to navigate a healthcare industry driven by profits

- What doctors don't know about achieving health due to a training system that focuses only on pharmaceuticals and surgery to meet labelled conditions.

- The efficacy and validity of nutrition and other natural treatments; options available to reverse disease.

- The revolution in healthcare promised by functional and integrative medicine approaches and how employers can stem the meteoric rise in healthcare spending while seeing an improvement in outcomes.

Most importantly, Emma is devoted to her family and her faith

- Her husband Michael is her best friend and partner in life and adventure

- She has two sons, one in college, one in high-school, and two older step-kids out of the house

- She lives in sunny southern California

You can read more about Emma at her website and blog EmmaTekstra.com and follow her on Substack!