

# ANGELICA ALANIZ

## WELLNESS COORDINATOR

Joining the Wellness team in 2017, Angelica Alaniz works as a wellness coordinator in our Benefits Consulting department. Specializing in creating engaging, data-driven wellness solutions, Angelica brings over five years of corporate health and wellness experience to the MJ Insurance team. Prior to joining MJ, Angelica worked as a wellness and benefits administrator where she coordinated and managed the organization's benefits program as well as a variety of engaging wellness programs including onsite fitness, group incentive programs, educational seminars and digital solutions.

At MJ, Angelica develops and deploys wellness initiatives for MJ clientele and uses data-driven strategies to provide them with the necessary tools and understanding to deliver a well-rounded program to their employees. As the cost of healthcare continues to rise, Angelica works with clients to develop wellness initiatives and programming that are valuable, engaging and cost-effective.

Outside of the office, Angelica is passionate about her personal wellness and loves to run, hike, and explore new places. She keeps a whole lists of goals and things she wants to do one day including hiking the Grand Canyon rim to rim and visiting Havasupai, an American Indian reservation there, skydiving, running a marathon and traveling to every continent.



### EDUCATION

Arizona State University  
- B.S. Exercise & Wellness

### PHILANTHROPY

Phoenix Children's Hospital

### INVOLVEMENT

A Healthier YOU Committee  
MJ FUN Committee