

Liz Spath



Senior Principal | Relationship Manager & Lead Strategist

Liz Spath is an experienced health and benefits consultant responsible for understanding her clients' HR and business objectives and proposing ideal benefit solutions that support those objectives. She delivers insightful analysis and advice for ongoing management and optimization of her clients' employee benefit plans.

In her current role, Liz is responsible for client relationship management, strategic planning, critical analysis as well as overseeing project management and day-to-day service delivery by the Mercer team. She works with companies across an array of industries, geographies and sizes, with the majority being in the mid-market.

Liz has over 20 years of employee benefits experience and can offer expertise in benefit compliance, health care and pharmacy claim cost containment, stop loss, vendor management, mergers and acquisitions benefit integration, benchmarking, consumer engagement strategies, wellness program design, life/disability and absence management best practices, and health plan market trends.

She joined Mercer when the Marsh EBS group was brought into Mercer's Health business in 2004. Liz began at Marsh in 1999 after working for Aon Consulting. Prior she worked as a Benefit Coordinator in HR at Cabletron Systems.

Liz is a mentor to other rising professionals at Mercer and in the local insurance industry. She chairs the steering committee for the Boston Women@Mercer business resource group and is actively involved in Mercer's When Women Thrive initiative.

In 2016 Liz established the Mercer HR Leadership College, a unique three-day learning opportunity designed to provide senior HR professionals with a deep understanding of the broader HR challenges that may otherwise fall outside their current area of expertise in order to rise to the top ranks of their organization.

Outside of Mercer, she serves on the board of directors for the Manchester Area Human Resource Association (MAHRA), currently in the role of Sponsorship Director.

Liz is a licensed Life & Health Producer in Massachusetts, New Hampshire, New York, Texas and North Carolina. She earned a Bachelor of Arts from the University of New Hampshire in 1997 and earned a Master of Science from Boston University College of Communication in 2003.

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