

Fred R. Williams

Executive Board Member, Center for Health Value Innovation

Director of Health Benefits Management, Quest Diagnostics Incorporated

Fred is responsible for the development and execution of the health promotion and wellness within Quest Diagnostics for its over 43,000 employees, and their dependents, and for developing similar services for other companies. He has over 30 years experience with all facets of employee benefits management as well as cultural and change management issues. As Quest Diagnostics has increasingly pursued the business of wellness, prevention, and e-medical records, it has provided ample opportunity to evaluate and offer alternative health opportunities for employees. Fred led Quest Diagnostics to the early adoption of a consumer directed health plan, and has launched HealthyQuest, an internal initiative designed to more fully engage individuals in improving their health and adding quality years to their lives. He is on the Advisory Board of the Consumer Directed Health Care Conference, a member of the HERO Think Tank, a member of the NBGH National Leadership Committee on Consumer Directed Healthcare, and Chair of the Sub Committee on Consumer tools, and a past member of the Benefits Committee of the National Chamber of Commerce. Fred earned his BA in Economics from the University of Virginia.