Emma Crandall, GBS Benefits

Emma Crandall is the Wellness Director for GBS Benefits. In this role Emma is responsible for wellness program design, and development. She authored a results-oriented implementation strategy for client companies introducing worksite health promotion to their organization. To support this strategy she has also created and full menu of wellness programs, tools and resources to assist clients with their implementation.



Before joining the GBS team, Emma was a Wellness Program Consultant for Regence Blue

Cross Blue Shield. There, she partnered with employers to develop worksite interventions to positively influence culture and physical environment.

Emma was born and raised in Melbourne, Australia and has a background in both personal and group fitness instruction and a degree in Recreation Management.

In the community, Emma is President of The Utah Council for Worksite Health Promotion, and a member of the Alliance for Cardio Vascular Health in Utah. More recently she began working with the "PANO Program" (Physical Activity, Nutrition and Obesity), a group of working professionals who are driven to positively impact the health of Utah residents.