



KAPRI GONZALES

POPULATION HEALTH + WELLNESS
STRATEGIST



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LINKEDIN.COM/IN/KAPRIGONZALES/

EDUCATION

B.S. in Health Promotion
– Arizona State University

EXPERTISE

Wellness

FAVORITE QUOTE

"A body at rest tends to remain at rest. A body in motion tends to stay in motion." – Sir Isaac Newton

Kapri Gonzales joined the MJ team as a population health and wellness strategist in our Benefits Consulting department. Working closely with the wellness team, Kapri plays a crucial role in shaping our client's wellness initiatives and creating impactful health management plans that seamlessly integrate with their employee benefits offerings. In addition, she collaborates with the analytics team to analyze and interpret data, transforming it into actionable insights that drive positive change and measurable results.

Prior to MJ, Kapri gained extensive knowledge within the wellness space by working in roles such as a corporate wellness health coach and as an exercise physiologist. Through this experience, she discovered her true passion for helping clients develop comprehensive corporate wellness plans through analytical and solution-based strategies. Kapri's dedication and desire to assist others make her an invaluable asset to our team.

Outside of work, Kapri enjoys getting the most out of the outdoors by participating in activities like trail running, mountain biking, rock climbing, hiking, backpacking, and camping. If the trails are closed or if the weather does not permit, Kapri partakes in her favorite activity, spending time with her dog, Lucky, a five-pound Chihuahua.

