



# ANU DHAMECHA

DIRECTOR OF PHARMACY PRACTICE

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## EDUCATION

Doctor of Pharmacy – Ohio State University

## EXPERTISE

Pharmacy Strategy  
Negotiation of PBM Contracts  
Third-Party Solutions

## FAVORITE QUOTE

“With a new day comes new strength and new thoughts.”

Anu Dhamecha joined the MJ team as the director of pharmacy practice within our Benefits Consulting department and brings over a decade of industry experience with her. In her role, Anu is responsible for providing strategic consulting and insights related to pharmacy benefits management (PBM), cost containment, and clinical strategies. She delivers a structured, data-driven, and outcomes-focused approach to pharmacy strategy, ensuring clients receive innovative, tailored solutions aligned with their business goals.

Prior to MJ, Anu served as a vice president of pharmacy solutions and clinical thought leader at one of the largest brokers in the world. In this role, she guided clients through the complexities of pharmacy benefits, creating innovative management strategies to address costs and improve patient outcomes. Her ability to think outside the box while still aligning the pharmacy program to each client’s unique business goals and objectives makes her an invaluable asset to the MJ team.

When not in the office, you may find Anu on her next new travel adventure. She loves to travel and one day hopes to hike in Patagonia!