




UTHONA MIKRUT

DIRECTOR, POPULATION HEALTH + WELLNESS

 720 538 8821

 UTHONA.MIKRUT@THEMJCOS.COM

 LINKEDIN.COM/IN/UTHONA-M-66567516A

EDUCATION

B.S. in Nutrition – Florida State University

M.S. in Nutrition – Texas Woman's University

EXPERTISE

Population Health and Wellness
Onsite and Nearsite Clinical Operations
and Client Management

Uthona Mikrut joined the MJ team as a director of population health + wellness, bringing more than 15 years of experience translating complex healthcare data into actionable strategies that drive meaningful results for clients. In her role, Uthona leads population health and wellness initiatives within our Benefits Consulting department, helping clients design and implement sustainable approaches to improving population health while balancing clinical outcomes with the financial realities of healthcare spend. Her deep expertise in claims analysis, risk trend identification, and vendor ecosystem management means our clients have a partner who can connect the dots between data and decisions to create measurable impact.

Prior to joining MJ, Uthona spent nearly a decade at a large national brokerage firm, where she led population health and benefits strategy for a diverse portfolio of corporate clients. She analyzed healthcare claims and actuarial risk trends to identify cost-containment opportunities, designed innovative benefit plans that balanced affordability with member access, and oversaw the integration of complex vendor ecosystems spanning clinical care, behavioral health, and wellness services. Before her brokerage experience, Uthona held progressive leadership roles at a national onsite clinic organization, including serving as Senior Director of Health and Wellness. In that capacity, she built and led high-performing teams, launched new clinic sites, and managed large client portfolios focused on evidence-based health strategies and population-wide outcomes. This combination of brokerage-side strategy and hands-on clinical operations experience makes her a uniquely well-rounded resource for MJ clients.

Outside of MJ, Uthona enjoys spending time in the garden, exploring local trails, and getting lost in a good book. She is also a passionate home cook and values every opportunity to spend quality time with her family. Whether learning a new skill or taking on a new challenge alongside her children, she believes curiosity, growth, and lifelong learning have no age limit.

