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**The MJ Companies Adds Uthona Mikrut as Director of Population Health and Wellness**

*Mikrut, based in Denver, joins the national team to advance population health, wellness, and cost-containment solutions for clients*

**DENVER (July 6, 2026)** - [The MJ Companies](#), a leading business and financial services consulting firm serving clients for more than 60 years, announced the addition of Uthona Mikrut. Based in the firm's Colorado office, Mikrut will serve as director of population health and wellness and provide support to The MJ Companies' clients across the country.

In this role, Mikrut will lead the design, implementation, and optimization of population health, wellness, and preventative care strategies for employer clients. She also will partner with benefits consultants, carriers, vendors, and client leadership to improve employee health outcomes, enhance engagement, and drive measurable cost-containment results.

The MJ Companies' population health and wellness practice helps employers improve workforce health outcomes while managing healthcare costs through customized, data-driven strategies. Leveraging the firm's proprietary [APERTURE®](#) analytics platform, The MJ Companies analyzes medical and pharmacy claims data, health risks, utilization trends, and benefits spending to identify opportunities for targeted interventions.

"Uthona brings an exceptional track record of transforming complex healthcare data into actionable strategies that drive meaningful results," said Andy Vektor, president, Benefits Consulting and chief growth officer, The MJ Companies. "Her expertise strengthens our commitment to delivering innovative, high-impact solutions that help our clients support healthier, more engaged workforces."

Prior to The MJ Companies, Mikrut served as a health strategies consultant at a global insurance brokerage firm and held a variety of roles with a large direct primary care and wellness provider, including senior director of health and wellness and senior director of client operations. She earned her Master of Science in nutrition from Texas Woman's University and a Bachelor of Science from Florida State University.

Mikrut's appointment underscores The MJ Companies' continued strategic expansion nationwide, furthering its commitment to attracting industry-leading talent and enhancing its capabilities to meet the evolving needs of clients across the country, including the recent expansion of its benefits compliance capabilities with the addition of Rebecca McColm.

### **ABOUT THE MJ COMPANIES**

Indianapolis-based The MJ Companies, one of the largest privately held agencies in America, exists to inspire the success, fulfillment, and wellbeing of each person it serves—associates and their families, business partners, clients, and the community. MJ's client base includes local, regional, and national companies in more than 54 countries and in every U.S. state. With offices nationwide, MJ specializes in a diverse selection of client services including commercial and personal insurance, risk management, employee benefits, retirement, compensation, and total rewards consulting. Additional information may be found at [www.themjcos.com](http://www.themjcos.com).

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