

Meet Lisa Day

Lisa Day

Senior Health & Welfare Account Manager

About Me

Lisa joined Sentinel in 2025, previously working as an Account Manager for a flexible benefit TPA (third-party administrator) for 15 years. Prior to that, she worked in client services for a health insurance carrier and a benefit brokerage firm.



Lisa is an accomplished employee benefits specialist with over 20 years of experience in FSA, HSA, HRA and COBRA plan administration. She is known for her collaborative approach and commitment to client service; she excels at regulatory compliance, problem-solving and project management.

Lisa explains that the most satisfying part of her job at Sentinel is working with clients to reach their benefit goals, integrating flexible benefits alongside insurance plans to create competitive and comprehensive benefit programs.

Educational Background & Experience

- SUNY Purchase—BA English Literature

Out of the Office

When not at work, Lisa enjoys spending time with family, escaping with her husband on weekend road trips or walking on nearby nature trails.

Contact Information

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