

Amy Marlow is the Head of Global Well-Being for MetLife. Amy was a registered dietitian before earning a Master of Public Health degree and entering the field of workplace wellness. For 20 years she has been developing programs and communications designed to encourage and enable holistic health and well-being for employees. In 2013 she helped launch MetLife's first global wellness program and in 2020 her team created an initiative called BeWell to support employees and company leaders as they navigate the COVID-19 pandemic and beyond. Amy lives in New York with her family, which includes a large dopey Labrador named Gus.