



Individual Member Representatives



Lisa Ballard
Red Lodge, Montana

What is your motivation for running for the board?

I've been a member of the MHC since it started. I joined the Board 4 years ago because I believe in its core mission of providing access to affordable, quality healthcare. Both my husband and I are self-employed and appreciate the benefits that the Co-op provides our family, like dental and eyecare reimbursements, telehealth if we can't get to the doctor, and travel benefits if we ever need it. I voted for these benefits, along with the value-based drug program (long list of drugs that are included in your policy), and want to make sure they continue. I currently serve as Board Secretary, member of the Governance Committee and as Chair the Member & Provider Experience Committee. I've also served on the Quality Committee. With this experience, if re-elected, my goals are to keep premiums as low as possible while creating more programs that keep you and me healthier, and that provide the best healthcare and seamless customer service when a medical need arises.

What do you want fellow CO-OP members to know about you?

My father and grandfather were independent insurance agents, so I grew up around the industry. My career path has taken me from professional athlete to Wall Street to advertising to my current work (since 1991) as a media content provider and director/coach of ski events and programs in the winter. In my media work, I write about, photograph and video everything outdoors. Conservation, nature, wildlife, skiing, hiking, hunting, fishing, paddling... my work is my lifestyle, which I enjoy with my husband and 2 English setters. We have 4 kids, all 20- something. The greatest joys in my life are spending time with my family and friends, getting first tracks on a powder day, watching the sunrise over a prairie pothole and hearing an elk bugle outside our wall tent in the high country.

What skillset(s) do you feel you bring to the CO-OP Board?

Communications! That's my day job. I've also served on a number of other member-centric, non-profit Boards, both regional and national in scope and often in leadership roles. There's a lot to learn before one can become an effective Board member for the MHC, one of only 3 co-ops nationwide in the complex, highly-regulated health insurance sector.

Candidates may not appear in the same order on the ballot as they do on this document.

Lisa Ballard
Red Lodge, Montana

What skillset(s) do you feel you bring to the CO-OP Board? (CONTINUED)

With 4 years of experience on the MHC board, I am immersed in the MHC, understanding its needs, goals and challenges. You can rely on my experience, not only as a communicator, but also in product and program development, finance, customer service, and marketing to help steer the MHC in a direction that's best for you, its members. Beyond my transferable work skills, level-headedness, passion, dedication, promptness, attention to detail and a sense of humor are the parts of my personality that have helped me serve you on the MHC Board so far. Thank you for considering me for re-election.



Stacia Creek
Sidney, Montana

What is your motivation for running for the board?

To ensure the Mountain Health Co Op remains an affordable option to small business owners. I believe I can help accomplish this by lending my experience in board development, financial analysis and budget projecting to maintain the existence of the Co Op.

What do you want fellow CO-OP members to know about you?

Originally from Western Montana, I've spent the majority of my career in Central and now Eastern Montana. With business experience across the Northwest region I have a voice for the needs of small business across the region and have been a member of the Mountain Health Co Op since 2017. When not actively listing or selling property, I spend time exploring the beautiful state with my Husband, Nate, and our rescue dog, Koda.

What skillset(s) do you feel you bring to the CO-OP Board?

I own and manage a profitable Real Estate Brokerage Firm in Eastern Montana and understand the healthcare needs of small businesses. With over twenty years of experience in residential and commercial lending and selling, I have the capacity to review business financials and recognize what a profitable enterprise requires. I am currently serving as an advisory board member to manage capital project funds for our local hospital which is the largest healthcare facility in eastern Montana. Additionally, I have served in multiple capacities on several other non-profit boards over the past twenty years across Montana.

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Brett Jakovac
Bigfork, Montana

What is your motivation for running for the board?

I am very passionate about the healthcare market and specifically healthcare in Montana, my home state. I have a desire to support my home state and contribute my experience to help maintain excellent and affordable healthcare delivery in Montana.

What do you want fellow CO-OP members to know about you?

I am a dynamic senior executive with 29+ years of experience in healthcare service delivery, with a focus on operations, sales, product development and technical project management leadership. I am currently an independent executive consultant supporting state healthcare programs. I worked for Xerox/Affiliated Computer Services Government Healthcare for 23 years, serving the last five years as SVP and Managing Director where I was responsible for healthcare systems and operations supporting government and commercial payers. I live in Bigfork with my wife, Karen and we have three children.

What skillset(s) do you feel you bring to the CO-OP Board?

I am a certified Project Management Professional (PMP). I am very active in supporting non-profit organizations and have served on multiple boards over the past 15 years. I have a reputation for transparency and a long record of success in government healthcare operations



Monica Lindeen
Helena & Bigfork, Montana

What is your motivation for running for the board?

Ensuring quality affordable health care is a passion for me, and the Mountain Health Coop plays an important role for consumers.

What do you want fellow CO-OP members to know about you?

I'm a life-long Montanan who has been a business owner, served eight years in the Montana legislature, and eight years as the Montana Insurance Commissioner. I now do consulting work and am the Director of Regulatory Affairs for CyberAcuView, a cyber insurance consortium. I have been married for 40 years, have three children and nine grandchildren.

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Monica Lindeen (CONTINUED)
Helena & Bigfork, Montana

What skillset(s) do you feel you bring to the CO-OP Board?

During my eight years as the Montana Insurance Commissioner, I worked to implement the ACA and educate consumers about the ACA. During that same time, I served at the National Association of Insurance Commissioners (NAIC) in all the officer roles, including President, and as Co-Chair of the NAIC's health committee which played a big role during implementation of the ACA. Finally, I have served on other boards, including my current term on the Independent Mutual Fire Insurance Company Board.



Paul McDonald
Kalispell, Montana

What is your motivation for running for the board?

I have gained extensive healthcare experience over the course of my career working with leading care providers for children with autism, those managing chronic pain, and the elderly. I am passionate about improving access, education and knowledge, and positive medical outcomes within our county's healthcare system. I firmly subscribe to the concept of servant leadership and giving back. I humbly believe I have gifts, knowledge, and good judgment to share with the community and feel an obligation to do so. I am very excited about the opportunity to serve on our board, as I believe this represents an almost ideal opportunity to apply my skills and experience to make a meaningful difference in our community, our healthcare system, and for Mountain Health CO-OP members.

What do you want fellow CO-OP members to know about you?

I have deep roots in Montana and know firsthand many of the challenges of accessing quality health care in a rural environment. My grandfather was a rancher in northeastern Montana and my mother was born in a January snowstorm during the Great Depression. She became a nurse at St. Patrick's in Missoula, where she cared for sick newborns in the neonatal ICU. The CO-OP is a unique opportunity for the people of Montana, Idaho and Wyoming to have a say in their healthcare and I will fight for the access, affordability, and quality outcomes our members deserve. Professionally, I have worked in finance for over 25 years, including serving as the Chief Financial Officer at Centria Healthcare and Pain Doctor, Inc. Currently, I am a partner with J. Martin Builders, a custom homebuilder in Kalispell, MT and volunteer on the Finance Committee for the Glacier Institute. I am married with 9-year-old son, and I enjoy mountain biking, trail running, hiking, and skiing.

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Paul McDonald (CONTINUED)
Kalispell, Montana

What skillset(s) do you feel you bring to the CO-OP Board?

My strongest qualifications include:

- A deep understanding of leading healthcare providers
- An overall appreciation of challenges and opportunities within our healthcare system
- 25+ years of finance experience Broad executive and leadership experience
- Extensive board interaction/experience
- A deep intellectual curiosity

I also have extensive experience working with stakeholders to control costs, improve quality outcomes and increase product offerings. Working with boards over the years, I have developed a team-oriented approach that increases visibility and accountability while working hard to achieve alignment. I have been fortunate to work with, learn from, and hopefully teach many talented people over the course of my career. I take a pragmatic approach to problemsolving and believe I apply sound judgment in coming up with innovative solutions.

I would be honored to serve.



Maureen O'Keefe-Wing
Boise, Idaho

What is your motivation for running for the board?

Keep this strong organization moving forward!

What do you want fellow CO-OP members to know about you?

I have deep experience in healthcare (retired St. Luke's Health System VP & CHRO), including the responsibility for a self-insured health plan that had ~29K members. We were able to manage that plan in a cost-effective manner while broadening the coverage.

What skillset(s) do you feel you bring to the CO-OP Board?

I understand health insurance, the need for member input, and the responsibility to manage the plan effectively so that the plan can be sustained. I am an experienced Board member on local, regional, and national Boards. My skills include strategic planning, human resources, budget development, compliance, and strong communications skills.

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Mark Reinsel
Missoula, Montana

What is your motivation for running for the board?

I have served on the board for 2-1/2 years and feel I have gained a great understanding of the health care industry and our co-op's role in it. We have a great board of directors and an outstanding organization. I would love to serve another term to continue my work on the finance and audit committees, and to further serve in leadership roles.

What do you want fellow CO-OP members to know about you?

I am an independent engineering consultant with a flexible schedule that accommodates co-op business, and I work at that job about half-time. I have great family connections in the health care industry--two daughters and a son-in-law who are RNs, a son who is finishing nursing school, a sister who's an occupational therapist and an uncle who's a retired ER doc. My vision for improving health care in our region is to make it as affordable as possible, and to work with key cogs in the health care system (providers and insurers) to improve efficiency to reduce costs. As a process engineer, I view myself as an "efficiency expert" in both my professional and personal activities, and can bring that perspective to the board.

What skillset(s) do you feel you bring to the CO-OP Board?

I think my top three qualifications are:

1. Strong team player. At work and in my personal life, I have been part of many organizations and teams striving toward common goals. Whether in a leadership role or as a team member, I truly believe I place interests of the group above my own.
2. Proven leadership and collaboration skills. Related to #1 above, I have served as president and officer of several organizations.
3. Business and financial experience. I've operated my own business for 20 years, and also have financial experience through serving as president and treasurer of several organizations. I'm currently vice-chair of the finance committee.

Small Groups are typically employers of 2-50 employees.



Small Group Member Representatives



Vicki Bignell
Helena, Montana

What is your motivation for running for the board?

I believe that every person deserves to have affordable access to healthcare and that a diverse and competitive insurance marketplace contributes to reasonable premiums and better coverage. If elected, I would be excited for the opportunity to support the CO-OP's efforts to provide competitive, affordable, and accessible health insurance coverage.

What do you want fellow CO-OP members to know about you?

I grew up in Bozeman, Montana, with an interest in healthcare that led me to study biology at Carroll College. I continued on to study law at the University of Montana. After law school, I worked for state and federal judges before settling into private practice. I am now an associate attorney at Christensen & Prezeau, PLLP, a civil litigation firm in Helena, Montana. Lately, my husband, Carter, and I spend most of our free time remodeling our house. We also love to camp, float the Missouri, and enjoy time outside in beautiful Montana with our two dogs, Butter and Biscuit.

What skillset(s) do you feel you bring to the CO-OP Board?

I think that my legal training and experience, my teamwork ability, and my perspective would combine to make me a valuable addition to the Board. Through my legal training and experience, I have learned how to solve problems and spot potential issues before they arise. I enjoy working on a team, and I would look forward to the opportunity to contribute my legal and problem-solving skills while learning more about the CO-OP from current Board members. I am grateful to receive health insurance coverage from my employer, and I would use that perspective to support the CO-OP's efforts to provide affordable plans for small employers like mine.

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Lacy Kowalski
Columbia Falls, Montana

What is your motivation for running for the board?

Everyone, regardless of age, ethnicity, or income, deserves the peace of mind that comes with access to affordable, high quality health insurance. As a member, I know that the Mountain Health CO-OP provides a unique non-profit-member-governed model which encourages member engagement and innovation to remain competitive and responsive to changing needs of the marketplace. After being insured by large corporations over the years, I have been immensely impressed with this model of health insurance. I have witnessed the difference that this type of model can make for small businesses, families, and individuals. I would be honored to put my background in nonprofit management and public administration to work for a term of service on the Mountain Health CO-OP Board of Directors.

What do you want fellow CO-OP members to know about you?

If elected, I am committed to ensuring that the needs and concerns of members remain a top priority while maintaining an eye towards long-term fiscal responsibility and longevity within the marketplace. As members, we are the reason the Mountain Health CO-OP exists and I am eager to put my skills to work to maintain that commitment and vision of championing a more innovative and member-driven healthcare delivery system.

What skillset(s) do you feel you bring to the CO-OP Board?

My 15+ year career has been focused in the public and nonprofit sectors, both as an employee and a board member. In addition, I hold a Master in Public Administration from Montana State University. Through this experience I have gained invaluable experience in organizational governance and administration. I look forward to putting these skills to work to ensure the continuation of high quality health insurance and innovation that you have come to expect from Mountain Health CO-OP.

David Mecham
Rexburg, Idaho

What is your motivation for running for the board?

My motivation to be on the board of directors is to improve the lives of members through quality and cost-efficient healthcare. Mountain Health Co-op was built with this in mind and I believe that I can help further this mission.

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David Mecham (CONTINUED)
Rexburg, Idaho

What do you want fellow CO-OP members to know about you?

I believe in the power of community. When co-op members join together in common cause and invite discussion with healthcare providers and suppliers, we can achieve incredible things. I will look for opportunities to bring the best value to co-op members while reducing the overall cost of healthcare.

What skillset(s) do you feel you bring to the CO-OP Board?

As an independent clinic Practice Administrator, I have personally seen the opportunities to make healthcare work better for consumers. I have also been a small business owner and experienced the challenges that healthcare presents for employees and families in small businesses. In addition to my professional experience, my academic background, which includes a Master's Degree in Business Administration, helps to find solutions that require a deeper look and a trained eye.

Large Groups are typically employers of more than 50 employees.



Large Group Member Representatives



Laura Myers
Billings, Montana

What is your motivation for running for the board?

To add the perspective of administration of health benefits from our employee members' point of view, as well as to gain a deeper knowledge of the health insurance industry and operations of the Co-Op. I hope to help the Co-Op develop efficiencies and ways to better serve its members.

What do you want fellow CO-OP members to know about you?

I am a wife, mom, attorney, and lifelong Montanan. I attended Carroll College and then the University of Idaho College of Law. I returned to Billings and started my career at a local community bank and then a small law firm where I had the pleasure of representing individuals and businesses in a general civil practice, focusing on banking law and employment law. There I gained a trusted client and group of friends from the Bank of the Rockies. In 2020, I had the opportunity and pleasure of joining the Bank as its General Counsel. I also gained the additional role and responsibility of CHRO in August of 2020. I am deeply proud of my Montana roots which provide me with a unique understanding of the challenges our regional states face regarding healthcare and affordable insurance options. If chosen to serve on the Co-Op board, I am committed to listening and learning -- championing solutions that work and finding ways to improve on processes and procedures that are already in place.

What skillset(s) do you feel you bring to the CO-OP Board?

If chosen to serve on the Co-Op board, I will use my analytical skills to help the Board solve the complex and ever-changing issues facing the Co-Op. The unique experience and perspective I have from working as the CHRO at the Bank will allow me to strategically assess and balance the needs of the Co-Op and its members while developing positive and meaningful results for the benefit of all stakeholders.

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**Josh Saunders, CPA
Helena, Montana**

What is your motivation for running for the board?

I am passionate about access to affordable healthcare, whether that is for my 2-year-old, my 72 year-year old mother or the hundreds of coworkers I have in our company. I have personal and professional experience with MHC and have been impressed with the insurance packages available, and the ease of accessing healthcare. The health insurance industry needs significant changes to better serve individuals, their families, and employers, and I want to use my expertise and energy to help MHC continue to positively disrupt the industry

What do you want fellow CO-OP members to know about you?

I was born and raised in Great Falls, MT and graduated with degrees in Accounting and Political Science from Carroll College. The first 7 years of my career were spent with public accounting firms, preparing financial statements, tax returns and performing audits. The clients I worked with ranged from publicly traded banks to small non-profits, and everything in-between.

In my current role as Chief Financial Officer of a Helena, MT based franchise group, I've been part of the executive leadership team that has grown our businesses from 10 locations with 80 employees to now 40 locations and over 300 employees. I help our executive team with cash-flow management, financial reporting and analysis, employee benefits administration, business valuation and information technology.

On the personal side, I have 2 young boys who keep me very busy and when I'm not chasing them around I can be found outdoors in our beautiful State.

What skillset(s) do you feel you bring to the CO-OP Board?

My diverse and complex financial knowledge and practical skillset uniquely qualifies me to be a valuable member of the Board. I love digging into the numbers, performing financial analysis, and presenting my objective and subjective insights. In addition, our company has locations in Montana, Idaho, and Wyoming, which has made me acutely aware of the opportunities and challenges of working across state lines within the communities that MHC offers coverage.



**Jeff Williams
Butte, Montana**

What is your motivation for running for the board?

I like new challenges. Being a board member for the Co-Op will present a new and unique challenge for me. It is outside anything I have done professionally. The Co-Op board consists of a diverse group of people that bring their own viewpoints. I look forward to the chance to not only bring my viewpoint to the board but to also learn from others. Since becoming a member of the Co-Op, I have been impressed with the services provided and the way they conduct their business. I look to continue and promote the mission and values of the Co-Op. My career has been one of service and I find a comfort in being able to represent the members of the Co-Op from a leadership position.

What do you want fellow CO-OP members to know about you?

I am a lifelong resident of Butte. I am married for twenty-two years and have one beautiful daughter. I am a Detective Lieutenant with the Butte-Silver Bow Law Enforcement Department where I have served as an Officer for almost 27 years. I am a hostage negotiator and was a SWAT member for 16 years. I have a bachelor's degree in criminal justice administration. I spend most of my time either with family or exercising. We love to travel and that usually centers around visiting extended family and enjoying new experiences. My wife and I are members of a local hot yoga studio, which is like a second family to us. I also workout at another local functional fitness gym and love to trail run. During sports season I watch my daughter play high school volleyball, am a Montana Grizzlies football season ticket holder, and love watching local high school sporting events. I also serve on the school board for Butte Central Catholic Schools.

What skillset(s) do you feel you bring to the CO-OP Board?

The most useful skillset I bring to the board is my experience making decisions in critical incidents and in dealing with people in crisis. During my 27 years of law enforcement experience as an Officer, Detective, SWAT member, crisis intervention team member, and hostage negotiator, I have had to make decisions under stress as well as deal with superiors, subordinates, and citizens often in tough times. This skillset will be invaluable in making decisions that stay true to the vision of the company while considering the needs of the members. I prefer to collaborate with others when making decisions. The exchange of ideas and information leads to innovative solutions. I also have a strong work ethic which will be useful as I learn the complex intricacies of the world of health insurance and how the Co-Op navigates that world. I am willing to put in the work to make the best decisions as a board member.