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Sylvia Camaj is a Senior Consultant at NFP. She has over 10 years of experience in the employee benefits industry, advising mid-market and large employers on benefits strategy, employee engagement, and vendor integration. Sylvia works closely with HR and finance teams to navigate complex carrier, PBM, and point-solution ecosystems, helping organizations move beyond annual open enrollment toward year-round education that improves employee understanding, utilization, and outcomes. She holds a bachelor's degree from Seton Hall University and is actively involved in fundraising with Bike MS. Sylvia is based in New York and regularly partners with clients across industries to streamline communication and clarify accountability within their benefits programs.