



Mara Baer

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Mara Baer is a healthcare consultant, chronic pain advocate, and public speaker with over 25 years of experience shaping health policy at the intersection of business and government. As founder and president of AgoHealth, LLC, she advises organizations on navigating complex healthcare systems, policy changes, and innovative strategies to support employees with chronic conditions. A former senior leader at Blue Cross Blue Shield Association, Mara has played a key role in shaping health reforms, including under the Affordable Care Act. She previously served as a health policy advisor to two U.S. senators and was selected for the prestigious Presidential Management Fellowship program. She is a recognized expert on chronic pain policy, serving on the Science and Policy Advisory Council for the National Pain Advocacy Center and the evaluation committee for the Vermont Medicaid Chronic Pain Bundled Payment Initiative. She also sits on the boards of Connect for Health Colorado and OmniSalud, which provides healthcare coverage for people without documentation. Diagnosed with thoracic outlet syndrome, a rare nerve condition, Mara has lived with daily chronic pain for over a decade. She channels her personal experience and policy expertise to advocate for better workplace solutions for many of the 83 million U.S. adults living with chronic pain. Her insights have been featured in *Health Affairs*, *Med City News*, *Pain News Network*, and *Health Benefits Pro*. She also writes *Chronic Pain Chats* on Substack, where she explores the intersection of pain, policy, and well-being.