

NC Chamber

Business Summit on Mental Health

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Beverly Hight
Manager, Benefits
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Beverly Hight is the Manager of Benefits at Blue Cross and Blue Shield of North Carolina, where she leads the strategy and administration of employee benefits, leave, and wellness programs. She is committed to helping employees navigate the competing demands of work, health, and personal life.



Beverly's career has taken her through claims management, medical practice administration, and benefits consulting – giving her a well-rounded view of how healthcare and benefits work from multiple sides. That background shapes how she thinks about designing benefits that are practical, accessible, and supportive of employees' well-being.

Beverly holds a Bachelor of Science in Business Administration in Health Care Management from Appalachian State University. She lives in Apex, NC with her daughters, a border collie mix, and cats. When not working, you will find her in the garden, hiking, planning travels, and volunteering in the community.