PREMERA

Premera Welcomes Two Strategic Leaders to its Board of Directors

FOR IMMEDIATE RELEASE – Oct. 6, 2025

Mountlake Terrace, Wash. – Premera today announced Dr. Caroline Goldzweig and Betsy Seaton have joined its Board of Directors.

“The future of healthcare requires both vision and experience,” said Brad Fluegel, Chair of the Premera Board of Directors. “By adding Caroline and Betsy to our board, we’re strengthening the leadership needed at Premera to meet today’s challenges and seize tomorrow’s opportunities. We’re thrilled they have joined us.”

Goldzweig is vice president and chief medical officer for the Cedars-Sinai Medical Network in Los Angeles, where she leads clinical and quality initiatives, sets standards for care and drives population health programs. She previously held leadership roles at the Veterans Affairs Greater Los Angeles Healthcare System and is active in community organizations, including Imagine LA and America’s Physician Groups.

Goldzweig holds a Bachelor of Arts in economics from Cornell University, a Doctor of Medicine from the University at Buffalo, State University of New York, and a Master of Science in health services from the University of California, Los Angeles.

“Healthcare is complex, and there’s no shortage of challenges ahead,” Goldzweig said. “I’m eager to work with the board to find practical ways to make care more effective and accessible for the members and communities Premera serves.”

Seaton is a business executive and board leader with more than 15 years of board service. This includes serving more than 11 years on the board of Umpqua Bank (now Columbia Banking System, Inc.). She recently retired from Saltchuk Aviation, where she spent more than 10 years in leadership roles, including serving as president and chief executive officer. Seaton’s career includes executive roles at Weyerhaeuser and Boston Consulting Group.

She holds a law degree and Master of Business Administration (MBA) from the University of Chicago and graduated magna cum laude in economics and history from Princeton University.

“Access and affordability are at the heart of what health plans should deliver,” Seaton said. “I’m ready to dig in with the board and leadership team to find new ways to break down barriers and make healthcare work better.”

About Premera
Premera is a not-for-profit, independent parent company headquartered in Mountlake Terrace,

Washington. Through its family of companies — including Premera Blue Cross, an independent licensee of the Blue Cross Blue Shield Association — Premera delivers comprehensive health benefits and personalized services to individuals, small businesses, and Fortune 100 companies alike. United by a shared mission, the Premera companies are dedicated to making healthcare work better by expanding access to affordable, high-quality care. Learn more at https://www.premera.com.

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