



## Jason Horay, MS, CHES

Jason Horay is the Manager of Health Strategy and Well-Being at Curi, a company committed to helping physicians in medicine, business, and life. In this role, he serves as Health Promotion Program Manager for the North Carolina Medical Society Employee Benefit Plan, where he partners with brokers, producers, and vendors in supporting nearly 500 medical practices and 11,000 covered healthcare professionals. Jason has also held well-being leadership roles at Duke University,

IBM, and Cisco Systems.

Jason is a graduate of Leadership North Carolina and chairs the Triangle (N.C.) Area Health Promotion Network. He was featured as a [WELCOA Member Spotlight](#) and voted as a [Top 100 Health Promotion Professional](#).

Jason earned a Bachelor's Degree in Sports Medicine from High Point University and a Master's Degree in Health Promotion from Mississippi State University. He is a Certified Member of the National Commission for Health Education Credentialing, Inc. (CHES) and teaches a variety of undergraduate and graduate health promotion and public health courses.

In his free time, Jason enjoys deep sea fishing, exercising, gardening, and spending time with his two sons, Caden and Cole.