



## Michele Arnette

Benefits Program Manager  
Lumen

Born and raised in the Pacific Northwest, Michele has been lucky enough to work for the same company for the past 32 years. At Lumen, she has held a variety of roles in Human Resources and for the last several years as a Lead, Benefits Analyst responsible for the Active and Non-Medicare retiree medical plans and Benefits communications. As Lumen expands their business platform to meet the needs of the 4th Industrial revolution, this has meant expanding benefits for employees that keep them competitive with other technology companies...it's definitely the most exciting time to be working for Lumen seeing Amazing people make Amazing things happen! Michele has a husband who retired from the Automotive industry and a 28 year old son who works for a national recruiting company and lives in Vancouver, WA. She enjoys Zumba classes and weight lifting to stay fit and spending time with family, which gives her a chance to share her passion for cooking and making healthy recipes.