Amanda Conway, MS, RDN

Head of Enterprise Sales
Sword

Amanda Conway, MS, RDN, is Head of Enterprise Sales at Sword Health, where she partners with leading employers to advance accessible, personalized healthcare across women's health, musculoskeletal care, mental health, and cardiometabolic health.

A registered dietitian and former practicing clinician, Amanda founded a nutrition and lifestyle private practice focused on helping women achieve sustainable weight management and improve their health through practical nutrition, behavior change, and long-term habit formation. Her nutrition and wellness expertise has been featured in national publications including Women's Health, Shape, Cosmopolitan and more.

Amanda has spent more than a decade at the intersection of healthcare, technology, and employer benefits. Before joining Sword, she held senior commercial and growth leadership roles at aptihealth, Aduro, Talkspace, and Healthie, where she helped scale innovative care models and expand access to high-quality virtual care. She is passionate about helping employers move beyond fragmented benefits to build inclusive women's health strategies that support meaningful engagement, measurable outcomes, and women's evolving needs throughout every stage of life.