



Kate Cigrand

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Kate Cigrand is the Director of Research and Compliance at United Actuarial Services (UAS), a benefits consulting and actuarial firm. In this role, Ms. Cigrand researches and advises on employee benefit compliance matters and supports programs impacting multiemployer health and welfare, defined benefit and defined contribution plans. Before joining UAS, Ms. Cigrand held various private and public sector positions with a focus on employee benefits. She was an investigator in the Kansas City Regional Office of the Department of Labor's Employee Benefits Security Administration (EBSA). Prior to her work with EBSA, Ms. Cigrand was a partner at a law firm specializing in the representation of multiemployer employee benefit funds. Ms. Cigrand received her juris doctor degree with distinction and her bachelor's degree in political science from the University of Iowa.