Emily R. Langdon

Attorney

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Emily Langdon focuses her practice on employee benefits, ERISA, and executive compensation. She has significant experience advising clients regarding health and welfare benefits plans, qualified and nonqualified retirement plans, equity incentive plans, and wellness plans.

Emily handles benefits issues related to corporate transactions, including mergers and acquisitions due diligence. As a compliment to her benefits practice, Emily regularly counsels clients in the area of healthcare law, including healthcare reform and HIPAA compliance. Her expertise includes advising clients with ties to the healthcare and pharmacy benefit management industry on business and contractual matters, practitioner employment agreements, administrative services agreements, compensation plans, and confidentiality and non-disclosure agreements.

Emily establishes strong relationships with her clients by building trust and confidence in her ability to identify goals and solutions. She emphasizes effective communication and strategic planning when working with employers on benefit plan design and compliance. Emily has the ability to analyze complex legal issues and state key points in a practical manner that can be applied to real-life client situations. She advises clients in a variety of industries, from small closely held businesses to national corporations.

Emily's positive attitude, highly motivated personality, and determined

Legal Services

Employee Benefits & ERISA
Business & Corporate
Business Succession Planning
Mergers & Acquisitions
Labor & Employment

Who I Serve

Business Entities
Healthcare & Pharmacies
Individuals & Families
Insurance & Financial Services
Nonprofit Organizations
Professional Service Providers
Public/Private Partnerships

Admissions

Nebraska
U.S. District Court District of Nebraska

Education

J.D., *cum laude*, Creighton University School of Law, 2008

B.A., *magna cum laude*, University of Notre Dame, 2005

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approach result in successful outcomes and long-term business relationships.

Honors & Awards

- Included in *The Best Lawyers in America®* since 2025 in the field of Employee Benefits (ERISA) Law (peer nominations)
- Creighton University G. Robert Muchemore Foundation Scholarship Recipient
- CALI Excellence for the Future Awards in Four Law School Classes
- University of Notre Dame Eugene D. Fanning Award Finalist
- Creighton University School of Law Best Brief Nominee

Professional Associations

- Nebraska State Bar Association
- Notre Dame Club of Omaha

Community Involvement

- Member, Board of Directors – Sporting Nebraska FC (2024-present)
- Coach – Saint Vincent de Paul Cross Country (2022-present)
- Member, Board of Directors – Sunflower Haven (2021-present)
- Team Member and Board Member – Lincoln Running Club Nebraska, United States Track & Field Elite Athletic Development Club (2011-present)
- Board of Trustees – Omaha Community Playhouse (2015-2022)

Presentations & Publications

- Webinar, "Evaluating Your Third-Party Administrator: Are You Getting What You're Paying For?", Lorman Education Services, October 2024
- Panelist, "ERISA Litigation: Past, Present, and Future" Institutional Investor's RPAI Retirement Advisor Summit – 2024 Central, July 2024
- Presenter, "Executive Benefit Plan Strategy: How to Retain Top Talent and Maintain Legal Compliance" SHRM24 Annual Conference, June 2024

- Panelist, "Fiduciary & Participating Innovation: Where is the Puck Going?" Qualified Plan Fiduciary Summit, May 2024
- Co-Presenter, "The Plan Sponsor University's Exclusive Fiduciary Training Program" The Plan Sponsor University, April 2024
- Speaker, "College Student Interested in Charting Your Career Path? WIPN Members Interested in Sharing What You Do?" WIPN, November 2023
- Co-Presenter, "How to "SOAR" with Your Employees Through Their Retirement Plan." 2023 Kansas SHRM Annual Conference, September 2023
- Presenter, Fraser Stryker's Annual Labor and Employment Law Conference