

Lauren Miok, RN, BSN

Chief Executive Officer

Ms. Miok actually began her journey with AddVal as a high school student, working part-time when the business was located in their basement home. Following high school, she received a Navy ROTC nursing scholarship (one of sixty (60) awarded in the country). She combined her nursing education with her naval training in leadership and management. Her nursing and navy career took her to Bethesda, MD where she concentrated on ante and post-partum patient care.

On completion of her naval nursing career, she accepted nursing clinical positions in New Jersey with a concentration in pediatrics and post-partum. While concentrating on her nursing career, she remained close to AddVal and worked on an as needed basis for special projects & consultations.

As Michelle McFarlane was contemplating retirement, Ms. Miok returned to AddVal full-time to assume the leadership role. Since April 2025, she has led AddVal with unparalleled confidence & leadership. She continues to keep AddVal on the path of commitment to customer service and positive results for our clients.