



Gregory J. Bennici

Partner

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Stamford — 203.462.7572

Gregory J. Bennici regularly litigates disputes related to group and individual welfare benefits, ERISA, managed care contracts, health insurance, disability insurance, and life insurance coverage. Greg also maintains a substantial business litigation practice, representing a variety of stakeholders in complex commercial disputes.

Employee and Group Benefits Litigation

Greg handles disputes related to group welfare benefits, the Employee Retirement Income Security Act (ERISA), health insurance, disability insurance, and life insurance coverage. He regularly defends claims brought against plan fiduciaries, and represents plan administrators and insurers in enforcing plan and policy terms and recovering plan assets. Greg is a contributor to the Employee Benefits and Compensation Group's *ERISA Claim Defense Blog*, a platform that offers commentary and insight on administration and evaluation and litigation of group benefits claims as well as other compliance and litigation issues involving ERISA.

Complex Business Litigation

Greg has substantial experience effectively representing clients involved in complex commercial litigations before trial courts at the federal and state level, and in arbitrations and alternative dispute resolution proceedings. Greg has been recognized as "One to Watch" by *The Best Lawyers in America*®.

Greg also represents organizations and individuals of limited means in a variety of *pro bono* matters.

Services

- Managed Care + ERISA Litigation
- Health + Welfare Plans
- ERISA Benefits Litigation

Education

- University of Connecticut School of Law (Juris Doctor, *Moot Court*)
 - Connecticut Journal of International Law, Associate Editor
- College of the Holy Cross (Bachelors, *cum laude*)
 - B.A.
 - College Honors Program

Admissions

- State of Connecticut
- State of New York
- U.S. Court of Appeals, 2nd Circuit
- U.S. District Court, District of Connecticut
- U.S. District Court, Eastern District of New York
- U.S. District Court, Northern District of New York
- U.S. District Court, Southern District of New York
- U.S. District Court, Western District of New York

Recognitions

Selected by his peers for inclusion in *The Best Lawyers in America*® in the area of Litigation - Insurance for 2026, 2025 and 2024 and in the area of Insurance Law for 2026

The Center for Family Justice, Inc. "Corporate Hero of the Year," 2024

Listed as a Rising Star in the Connecticut *Super Lawyers* list from 2017 to 2024

Fairfield County Business Journal, 2021 "Forty Under 40" honoree

Recognized as a New Leader in the Law by the *Connecticut Law Tribune*, 2021

Leadership + Memberships

Connecticut Bar Association

Fairfield County Bar Association

Former Co-Chair, Young Lawyers Committee

Defense Research Institute

Marketing Chair of the Life, Health, Disability & ERISA Committee