



## Patrick W. Begos

Partner

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New York

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Patrick W. Begos is a trial and appellate lawyer who has represented administrators and insurers of life, health, and disability benefit plans for more than 30 years. His clients include many of the largest managed care organizations in the country, as well as the largest insurers of group life and disability benefits. Pat has litigated hundreds of ERISA benefit and retirement fund disputes in courts around the country, including dozens of appeals. Pat also regularly defends non-ERISA claims for group and individual benefits. He co-chairs our firm's Managed Care + ERISA Litigation group.

Pat's extensive and long-term participation in the field has allowed him to help guide the evolution of ERISA claim procedures. He prevailed in a key ERISA case, *Heimeshoff v. Hartford Life & Accident Insurance Co.*, which went to the U.S. Supreme Court and resolved a national issue over the enforceability of time limits on an individual's ability to sue for benefits after being denied. He has also counseled clients on implementing appropriate claim processes to conform with ERISA's complex and often confusing regulatory scheme.

Pat has always approached litigation as a way of resolving underlying problems, rather than an end in itself. This practical focus leads to development of bespoke strategies to help his clients achieve their individual goals in the most efficient and cost-effective manner.

Pat is a regular speaker on life, health, disability, and ERISA litigation topics, and has written extensively on benefit litigation for various nationwide publications.

### **Commercial + Business Litigation**

Pat also has broad experience as a trial lawyer representing plaintiffs and defendants in diverse commercial and business litigation. He has represented clients in cases with high financial stakes, such as a feud among several countries over ownership of \$70 million in Roman silver, claims regarding defective nuclear power plant components, and a \$23 million breach of contract dispute.

### **Services**

- Managed Care + ERISA Litigation
- Professional Liability Insurance
- Health + Welfare Plans
- ERISA Benefits Litigation

### **Education**

- Columbia Law School (Juris Doctor, *H.F.S. Scholar*)

- Accelerated Interdisciplinary Legal Education Program
- The Johns Hopkins University (Bachelors)
  - B.A., Psychology

## Admissions

- Commonwealth of Massachusetts
- State of Connecticut
- State of New York
- U.S. Supreme Court
- U.S. Court of Appeals, 2nd Circuit
- U.S. District Court, District of Connecticut
- U.S. District Court, District of Massachusetts
- 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
- U.S. Court of Appeals, 11th Circuit

## Recognitions

Listed in *Benchmark Litigation* as a Local Litigation Star for Connecticut in the areas of ERISA and Healthcare since 2020

Selected by his peers for inclusion in *The Best Lawyers in America*® in the area of Litigation-Insurance since 2023

AV® Preeminent™ Peer Review Rated in *Martindale-Hubbell*™ (Martindale-Hubbell Peer Review Ratings is a trademark. AV Preeminent is a certification mark of Reed Elsevier Properties, Inc.)

Recognized by *Corporate Counsel* magazine as a member of "Go-To" Firm for Unum Group

Recognized by *Connecticut Law Tribune* as "Dozen Who Made a Difference"

## Leadership + Memberships

### Connecticut Bar Association

### American Bar Association

### New York State Bar Association

### Defense Research Institute

Committee Vice Chair of Life, Health and Disability Committee

Member of Strategic Planning Subcommittee

Past Chair of Strategic Planning Subcommittee

Past Program Chair of 2019 DRI Life, Health, Disability, and ERISA Conference

### School Governance Council at Brien McMahon High School

Past Co-chair

### Senators' Success Fund

Former Member

**Rowayton Beach Association**

Former President

**Shakespeare on the Sound**

Board Member

**United Church of Rowayton**

Chair of Board of Household Concerns