



Helana A. Darrow

Partner

helana.darrow@dinsmore.com

Cincinnati, OH

Tel: (513) 977-8123

Helana is experienced counseling employers and advisors on all aspects of employee benefit matters, from retirement and executive compensation to health and welfare plan matters. She guides clients on the design of retirement, executive, and health and welfare plans.

She advises on ERISA fiduciary issues and on the day-to-day compliance issues relating to 401(k) plans, profit sharing plans, pension and cash balance plans, 403(b) plans, 457 plans, deferred compensation plans, and health and welfare plans. Her practice also focuses on ERISA litigation, and she regularly counsels clients on complying with employee benefit plans under ERISA, HIPAA, ACA, PHSA, and the Internal Revenue Code.

Services

- Compensation & Benefits
- Executive Compensation
- Health & Welfare Benefits
- Retirement Plan Documents

Education

- University of Cincinnati College of Law (J.D., 1998)
- Morehead State University (B.A., 1994)

Bar Admissions

- Ohio

Distinctions

- Cincinnati Bar Association
- American Bar Association

Publications

September 16, 2021

Tax and Employee Benefits Reform: House Committee on Ways and Means Submits Proposals