

Vince Callahan

Benefit Specialist



Service with Integrity
Since 1928

Group Employee Benefit Strategies

- Health
- Life
- Disability
- Dental

Worksite Benefits

- Hospitalization
- Accident
- Cancer
- Critical Illness
- Short-Term Disability
- Life

The Frieden Agency

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Vince began working in the insurance business in 2011. He specializes in voluntary worksite benefits designed to help offset the rise in health insurance premiums, deductibles, and out-of-pocket maximums. He is particularly skilled at implementing plans and meeting one-on-one with employees to show them how to maximize their benefits. Vince has worked with thousands of employees throughout the state of Virginia and enjoys the sense of satisfaction he gets from offering solutions to today's health insurance challenges.

Vince joined the Frieden Agency in 2017. His ultimate goal is to make employee benefits as easy and understandable as possible on both employers and employees so that he can ease his clients' concerns about their group health insurance.

As a native of Norfolk, VA and a graduate of Old Dominion University, Vince can be found enjoying the outdoors with his wife Meredith and yellow lab, Groomer, when he's not at work. In the summer, he is on his boat exploring the Chesapeake Bay and spends winters searching for big mountains and fresh powder.

Vince is an active member of Sacred Heart Church.

*Our mission is to value your **Goals** and protect your **Needs** through our professional **Guidance**.*

