



(He/Him)

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Practices

- Financial Services
- Employee Benefits
- Construction
- Retail
- Technology
- Real Estate

Education

- University of Washington Law School, J.D. 1992

Admitted to Practice

- 9th Circuit Court of Appeals 1994
- Washington - W.D. Wash. 1992
- Washington 1992

Craig A. Day is a principal in the Seattle, Washington, office of Jackson Lewis P.C. Craig's background as in-house counsel, in private practice and consulting has shaped his practical approach to helping clients find solutions to complex employee benefits issues.

Prior to joining Jackson Lewis, Craig was counsel for the world's largest aerospace company, the largest manufacturing exporter in the U.S. and senior counsel for a large bank. He brings both his in-house and diverse industry experience to help solve problems from the client perspective. He advises employers on the design, implementation and administration of all types of benefit plans and executive compensation arrangements, as well as assisting with audits and correcting problems—complex issues that benefit from insight into a business mindset.

Craig's benefit plan advice includes:

- Executive compensation plans
- Retirement plans, including pension plans, defined contribution and 401(k) plans and ESOPs
- Health plans (medical, dental and vision) and compliance with the Affordable Care Act, ERISA, the Internal Revenue Code, HIPAA and COBRA;
- Short- and long-term disability plans;
- Group term life insurance plans;
- Health Savings Accounts;
- Wellness programs;
- Fringe benefits;
- Section 125 Cafeteria plans; and
- Plan governance and fiduciary responsibilities.

Craig has always had a passion for helping clients understand complex information in order to apply the information to their situation. He loves to make the subject matter interesting and Craig sees “you are so easy to understand, you don't talk like a lawyer,” as his highest paid compliment. Craig is dedicated to the principle of working alongside his clients to come up with practical solutions and understand the nuances of his clients' businesses. One of Craig's long-term clients continues to echo to her team “we like working with Craig because he understands our culture.”

Honors and Recognitions

- The Best Lawyers in America®, “Employee Benefits (ERISA) Law” and “Employment Law – Management” (2025)