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Dr Kovacs first obtained an MSc degree in Sociology at the University of Szeged. She started working as a lecturer in Sociology of Medicine at the Institute of Behavioural Sciences and as a statistician at the Unit of Psychiatry of Children and Youth, Faculty of Medicine, University of Szeged. She obtained her PhD degree in Health Sciences at the Institute of Behavioural Sciences, Semmelweis University.

Dr Kovacs works as Assistant Professor at Semmelweis University, where she acts as Head of Unit of the Health Workforce Planning Knowledge Centre. She has contributed to and played crucial roles in several international projects, e.g., FP7 Health Prometheus, European Cross-border Care Collaborations; Joint Actions on European Health Workforce Planning (JA EUHWF) and HEROES, and the JA ImpleMENTAL. She led the SEPEN Joint Tender on animating the European health workforce expert network, and managed some EU-co-funded projects on health workforce reforms, e.g. TaSHI and OASES projects. Dr Kovacs also coordinates the activities of the WHO Collaborating Centre on Human Resources for Health Development and Data-driven Health since 2015. Due to this latter role, she had the opportunity to contribute to the design and creation of the WHO Human Resources for Health Leadership and Management Prototype curricula.

Her areas of expertise are human resources management, strategic health workforce planning, planning data and policies, health professionals' mobility, cross-border health care, innovations in HRH management, task shifting, interprofessional education, digitalisation of the health sector, mental health and wellbeing of health workers, and health/medical tourism.