



HEROForum16 AGENDA

TUESDAY, SEPTEMBER 27, 2016

REGISTRATION OPEN 7:00 AM – 5:30 PM
ELLINGTON PREFUNCTION

TIME	SESSION	LOCATION
7:30 – 8:15 AM	Breakfast New Member Welcome Committee Meeting Opportunity	OVERLOOK
8:30 – 10:00 AM	GENERAL SESSION: Opening Remarks GENERAL SESSION: Panel – LEADING IN WELL-BEING Vic Strecher, PhD, MPH , Professor & Director for Innovation & Social Entrepreneurship, University of Michigan, and Founder, JOOL Health Carley Riley, MD, MPP, MHS , Assistant Professor, Cincinnati Children’s Hospital Medical Center Ashley Kletke , Sr. Manager, Well-Being, Stryker Instruments	ELLINGTON BALLROOM
10:00 – 10:30 AM	BREAK	ELLINGTON PREFUNCTION
10:30 – 11:20 AM	<i>BREAKOUT: Session 1</i>	
	FAMILIES & COMMUNITIES COMMUNITY COLLABORATIONS TO SUPPORT WORKPLACE HEALTH: A ST. LOUIS CASE STUDY Lauren Schulte, MPH, CHES , Senior Manager of Wellness Services, St. Louis Area Business Health Coalition Rachelle Bartnick , Senior Director, Community Health, American Heart Association	SALON A
	FUTURE OF WORK & THE WORKPLACE TAILORING EVIDENCE-BASED BEST PRACTICES TO FIT YOUR ORGANIZATION’S CULTURE Moderator: Jessica Grossmeier, PhD, MPH , Vice President of Research, HERO Panelists: Jason Lang, MPH, MS , Team Lead, Workplace Health Programs, CDC Julie Martin, CEBS , Benefits Manager, MAG Mutual Insurance Company Dyann Matson Koffman, DrPh, MPH, CHES , Health Scientist, CDC	SALON B
	GLOBAL UNILEVER: 2016 GLOBAL HEALTHY WORKPLACE MULTINATIONAL ENTERPRISE AWARD WINNER Elaine Molina , Medical & Occupational Health Director Latam, Unilever	RAVINIA

	<p>INFLUENCERS</p> <p>MIND OVER MATTER: THE HIDDEN INFLUENCE OF PSYCHOLOGY ON WELL-BEING AND PERFORMANCE David Ballard, PsyD, MBA, Assistant Executive Director for Organizational Excellence, American Psychological Association</p>	SALON C
	<p>MEASURES THAT MATTER</p> <p>STRATEGIC APPROACHES TO EMPLOYER HEALTH AND WELL-BEING METRICS: LESSONS FROM THE FIELD Bruce Sherman, MD, FCCP, FCOEM, Medical Director, Population Health Management, Exchange Solutions, Buck Consultants, Xerox Rebecca Kelly, PhD, RD, President & Founder, Element Health, Inc.</p>	SALON G
	<p>WELL-BEING</p> <p>THE RIGHT INGREDIENTS FOR WORKPLACE WELL-BEING Heather Provino, MS, CEO, Provant Chayla Harris Gaines, PhD, Wellness & Communications Specialist, CSM Bakery Solutions</p>	SALON H
11:30 – 12:20 PM	<p style="text-align: center;"><i>BREAKOUT: Session 2</i></p>	
	<p>FAMILIES & COMMUNITIES</p> <p>TRADITIONAL COMMUNITY IN A FACEBOOK WORLD: IMPROVING YOUR WORKPLACE WELL-BEING Angela Lee, MSH, MCHES, Health Promotion Manager, Health Designs Roxann Drew, CHES, CWWPC, Wellness Consultant, Northwestern Benefit Corporation of Georgia</p>	SALON A
	<p>FUTURE OF WORK & THE WORKPLACE</p> <p>IT'S NOT WELLNESS. IT'S JUST THE WAY WE DO THINGS AROUND HERE. Jack Curtis, Founder & CEO, Corporate Health Partners Kay Bolick, Director of HR & Risk Management, City of Smyrna, GA</p>	SALON B
	<p>INFLUENCERS</p> <p>LEADING WELL-BEING: ASSESSING & ENHANCING MANAGERS' INFLUENCE ON WORKPLACE WELL-BEING Sara Johnson, PhD, Co-President & CEO, Pro-Change Behavior Systems Laura Putnam, MA, CEO, Motion Infusion Crockett Dale, CEO, Healthstat</p>	SALON C
	<p>MEASURES THAT MATTER</p> <p>MEASURING AND COMMUNICATING WHAT MATTERS Jennifer Pitts, PhD, Chief Science Officer, Edington Associates Dee Edington, PhD, CEO, Edington Associates</p>	SALON G
	<p>WELL-BEING</p> <p>TOTAL EMPLOYEE WELL-BEING: LEVERAGING RESILIENCE FOR A THRIVING WORKPLACE Michael Taylor, MD, FACP, Chief Medical Officer, Truven Health Analytics Jan Bruce, CEO & Co-Founder, meQuilibrium</p>	SALON H
12:30 – 2:30 PM	<p>Lunch</p> <p>GENERAL SESSION: TRANSFORMING EMPLOYEE AND COMMUNITY HEALTH THROUGH LEADERSHIP Michael Roizen, MD, Chief Wellness Officer, The Cleveland Clinic</p>	ELLINGTON BALLROOM

	<p>GENERAL SESSION: Panel – CONSUMERS, INNOVATION & WELL-BEING</p> <p>Moderator: Seth Serxner, PhD, MPH, Chief Health Officer & Sr. VP of Population Health, Optum</p> <p>Panelists:</p> <p>Cara McNulty, DPA, Head of Population Health & Team Member Wellness, Target</p> <p>Jae Kullar, RD, Manager of Health & Well-Being, Delta Airlines</p> <p>Anita Shaughnessy, Vice President, Well-Being Manager, Wells Fargo</p>	
2:45 – 3:30 PM	NETWORKING: Networking Tables & Walking Topic Discussions	OVERLOOK
3:30 – 3:45 PM	BREAK	ELLINGTON PREFUNCTION
3:45 – 5:00 PM	<i>BREAKOUT: Session 3</i>	
	FAMILIES & COMMUNITIES	SALON A
	<p>BECOMING TOBACCO FREE: LEVERAGING HEALTH POLICY TO DRIVE HEALTHIER LIVING</p> <p>Elizabeth Bishop, Wellness Intern, Community First Solutions</p> <p>Anna Derksen, MPH, Director of Employee Wellness & Communication, Community First Solutions</p>	
	<p>BUILDING STRENGTH IN MULTISECTORAL PARTNERSHIPS TO IMPROVE COMMUNITY HEALTH</p> <p>Jerry Spegman, JD, Community Coach, County Health Rankings & Roadmaps</p> <p>Phil Suter, CEO, Great Keene (NH) Chamber of Commerce</p>	
	FUTURE OF WORK & THE WORKPLACE	SALON B
	<p>A CONTEMPORARY GAME PLAN TO CREATE A CULTURE OF HEALTH</p> <p>Murray Lynn Harber, Executive Director, Mississippi Business Group on Health</p> <p>Matt Ginn, WLCP, FLMI, Manager, Corporate Communications, Health Promotion, and Training, Southern Farm Bureau Life Insurance Company</p>	
	<p>ALIGNING WORK ENVIRONMENT WITH POLICY TO CREATE A CULTURE OF HEALTH</p> <p>Tatiana Shnaiden, MD, MS, Chief Science & Analytics Officer, HealthFitness</p> <p>Tim Peters, Regional Vice President, HealthFitness</p>	
	INFLUENCERS	SALON C
	<p>ARE HDHP MEMBERS LIKELY TO FORGO HIGH-VALUE CARE?</p> <p>William Fayerweather, PhD, MPH, Director, Epidemiology & Data Management, Owens Corning</p> <p>Thomas Halvorson, Director, Analytics & Consulting, Truven Health Analytics</p>	
	<p>HEALTHCARE CONSUMERISM ENGAGEMENT: A VITAL NEED FOR APPROPRIATE HEALTHCARE USE</p> <p>Bruce Sherman, MD, FCCP, FACOEM, Medical Director, Population Health Management, Exchange Solutions, Buck Consultants, Xerox</p> <p>Chris Duke, PhD, Director, Center for Consumer Choice in Health Care, Altarum Institute</p>	
	MEASURES THAT MATTER	SALON G
	<p>HOW TO COMBAT OBESITY IN THE WORKFORCE: THE CLEVELAND CLINIC PLAYBOOK</p> <p>Tricia Kendall, Vice President, Healthcare Business, Curves Jenny Craig</p> <p>Dave Pauer, Director, Cleveland Clinic</p>	
	<p>USING BEHAVIORAL SCIENCE TO ENHANCE EMPLOYEE WELLNESS AT WORK</p> <p>Gary Foster, PhD, Chief Scientific Officer, Weight Watchers International, Inc.</p> <p>Claire Levitt, MS, Deputy Commissioner, New York City Mayor's Office of Labor Relations</p>	

	<p>WELL-BEING</p> <p>PERSONAL RETURN ON INVESTMENT – CREATING AN ENVIRONMENT TO SUPPORT TRANSFORMATIONAL CHANGE IN THE WORKPLACE Jeff Rosenblum, Executive Vice President, Corporate Strategy and Technology, Franklin Square Amanda Carlson, Vice President, Nutrition & Research, EXOS</p> <p>ADDRESSING THE EMPLOYEE HEALTH GAP: THE MIND-BODY CONNECTION Cathy Kenworthy, President & CEO, Interactive Health</p> <p>WORKPLACE WELL-BEING INNOVATORS DISCUSS THE NEXT GENERATION OF EMPLOYEE ENGAGEMENT Rajiv Kumar, MD, President & Chief Medical Officer, Virgin Pulse Bob Merberg, Manager of Employee Wellness, Safety, and Food Service, Paychex Kembre Roberts, Manager, Wellness, Southwest Airlines Rick Fisher, Vice President, Aon Hewitt Health Transformation Team</p>	<p>SALON H</p> <p>RAVINIA</p>
5:30 – 7:00 PM	<p>AWARDS RECEPTION Sponsored by Interactive Health</p>	OVERLOOK

WEDNESDAY, SEPTEMBER 28, 2016

REGISTRATION OPEN 7:00 AM – 5:30 PM
ELLINGTON PREFUNCTION

TIME	SESSION	LOCATION
6:30 – 8:30 AM	Breakfast	OVERLOOK
6:30 – 7:15 AM	EXERCISE: Yoga	CENTENNIAL
7:15 – 8:00 AM	EXERCISE: Bootcamp	PIEDMONT
8:30 – 10:30 AM	<p>GENERAL SESSION: Opening Remarks</p> <p>GENERAL SESSION: HEALTHY WORKPLACES AS A BUSINESS IMPERATIVE Howard Koh, MD, MPH, Harvey V. Fineberg Professor of the Practice of Public Health Leadership, Harvard T.H. Chan School of Public Health and Harvard Kennedy School</p> <p>C. EVERETT KOOP NATIONAL HEALTH AWARDS Presented by The Health Project</p>	ELLINGTON BALLROOM
10:30 – 10:45 AM	BREAK	ELLINGTON PREFUNCTION
10:45 – 12:00 PM	<p><i>BREAKOUT: Session 4</i></p> <p>FAMILIES & COMMUNITIES</p> <p>LEVERAGING THE INFLUENCE OF SPOUSAL WELL-BEING WITHIN BEHAVIOR CHANGE PROGRAMS Ashlin Jones, MA, Sr. Informatics Analyst, Healthways</p> <p>THE RECIPROCAL DYNAMICS OF HEALTH WITHIN MARRIED COUPLES Andrew Rundle, DrPH, Associate Professor of Epidemiology, Mailman School of Public Health Columbia University</p>	SALON A

<p>FUTURE OF WORK & THE WORKPLACE</p>	<p>SALON B</p>
<p>EVALUATION OF A PHYSICAL ACTIVITY CHALLENGE USING WEARABLE FITNESS DEVICES Michael Stauffer, MA, MCHES, Director, Health Management, Emory University Monica Ralston, Customer Success Manager, Fitbit Group Health</p>	
<p>STEPPING INTO A CULTURE OF MOVEMENT Carrie Schmitz, CHC, AOEAS, Senior Manager, Human Factors & Ergonomics Research, Ergotron Betsey Banker, CWWPM, CWWS, Vertical Marketing Manager for Wellness, Ergotron</p>	
<p>GLOBAL</p>	<p>RAVINIA</p>
<p>CREATING SUSTAINABLE PERFORMANCE HABITS USING BRATLAB'S FOUR POWERS INFLUENCE METHODS Andrew Sykes, President & Chief Habit Starter, Habits at Work</p>	
<p>THE IMPORTANCE OF BEHAVIOR - GETTING TO THE HEART OF THE MATTER Colin Bullen, Chief Actuary, Habits at Work</p>	
<p>INFLUENCERS</p>	<p>SALON C</p>
<p>THERE ARE LOTS OF WAYS TO SKIN A CAT: STRATEGIES, METHODS, AND PROCEDURES TO MAKE WELL-BEING PART OF THE COMPANY CULTURE Moderator: John Harris, MEd, FAWHP, Partner, Performance pH Panelists: Ashley Kletke, Sr. Manager, Well-Being, Stryker Instruments Cassandra Rose, Associate Vice President of US Benefits & HR Projects, BNP Paribas Charlotte Wayland, SPHR, VP, Executive and US Benefits, Spectra Energy</p>	
<p>MEASURES THAT MATTER</p>	<p>SALON G</p>
<p>EEOC LAWSUIT AND PROPOSED AMENDMENTS: HOW PROGRAMS ARE ADJUSTING TO COMPLY Jim Pshock, Founder & CEO, Bravo Wellness</p>	
<p>THE EEOC ENIGMA: FORGING AHEAD WITH MUDDLED GUIDANCE Barbara Zabawa, JD, MPH, President/Attorney, Center for Health and Wellness Law, LLC</p>	
<p>WELL-BEING</p>	<p>SALON H</p>
<p>MAXIMIZE YOUR HUMAN CAPITAL - HELP THEM SLEEP! Dominic Munafa, MD, Chief Medical Officer, Optisom Priscilla Rau, Manager, Operations Design Technology, Hyatt Hotels Corporation</p>	
<p>SLEEP AND MENTAL WELL-BEING: HOW IMPROVED SLEEP HELPED EMPLOYEES AT THE HARTFORD TO BE HAPPIER, LESS STRESSED, AND MORE PRODUCTIVE Sophie Bostock, PhD, Sleep Evangelist, Big Health</p>	
<p>WELLNESS PROVIDER BRIEFS</p>	<p>PIEDMONT</p>
<p>IS ALL ENGAGEMENT MEANINGFUL? RESULTS OF A LARGE-SCALE STUDY REVEALS 5 BEST PRACTICES Eric Zimmerman, MPH, MBA, Chief Marketing Officer, RedBrick Health</p>	
<p>CHARTING AN ENGAGEMENT AND PARTICIPATION PATH FOR WORKPLACE WELLNESS Tim Peters, Regional Vice President, Account Management, HealthFitness</p>	
<p>EMPLOYEE WELLNESS: WHAT SHOULD WE BE MEASURING, AND WHEN? Michael Sokol, MD, MS, Chief Medical Officer, WebMD Health Services</p>	

12:10 – 12:30 PM	EXERCISE: Before Lunch Walk	ELLINGTON PREFUNCTION
12:30 – 2:30 PM	<p>Lunch</p> <p>GENERAL SESSION: THE DILEMMA BETWEEN PERFORMANCE & PRODUCTIVITY: THE ROLE OF PURPOSE AND WELL-BEING IN IMPROVING THEM Jack Groppe, PhD, Co-Founder, Johnson & Johnson Human Performance Institute</p> <p>GENERAL SESSION: HEALTH & WELLNESS IS A SECRET WEAPON TO BUSINESS SUCCESS Charlie Kim, Founder & Co-CEO, Next Jump Meghan Messenger, Co-CEO, Next Jump</p>	ELLINGTON BALLROOM
2:40 – 3:00 PM	EXERCISE: Chair Yoga	OVERLOOK
3:00 – 3:15 PM	BREAK	ELLINGTON PREFUNCTION
3:15 – 4:05 PM	<p style="text-align: center;"><i>BREAKOUT: Session 5</i></p> <p>FAMILIES & COMMUNITIES</p> <p>MOVING FROM TRADITIONAL EMPLOYEE WELLNESS TO A CULTURE OF WELL-BEING Karen Grace Schmidt, MPH, Associate Director of Wellness & Health Culture, Mhealthy, University of Michigan Vic Strecher, PhD, MPH, Professor & Director for Innovation & Social Entrepreneurship, University of Michigan, and Founder, JOOL Health</p> <p>FUTURE OF WORK & THE WORKPLACE</p> <p>DIGITAL STEP THERAPY FOR NUTRITION COUNSELING SERVICES Jason Langheier, MD, MPH, CEO & Founder, Zipongo Milt Ezzard, Sr. Director of Global Benefits, Activision Blizzard</p> <p>GLOBAL</p> <p>TRACKING WORKPLACE HEALTH AND WELL-BEING BEST PRACTICES OUTSIDE OF THE US Howard Kraft, North American Total Health Management Practice Leader, Mercer Steven Noeldner, PhD, Partner, Mercer Jessica Grossmeier, PhD, MPH, Vice President, Research, HERO</p> <p>INFLUENCERS</p> <p>HEALTH IS A TEAM SPORT: THE TOTAL HEALTH INCENTIVE PLAN AT KAISER PERMANENTE Maria Dee, National Director, Workforce Wellness, Kaiser Permanente Dave Schweppe, MPH, CPHIMS, Vice President, Customer Analytics & Reporting, Kaiser Permanente</p> <p>MEASURES THAT MATTER</p> <p>THE VALUE PROPOSITION OF ESTABLISHING A NEW–OR EXPANDING AN EXISTING–ONSITE EMPLOYEE HEALTH CLINIC David Chenoweth, President, Chenoweth & Associates, Inc. Jared Pankowski, MEd, RHEd, Corporate Health Consultant, Schumacher Clinical Partners</p> <p>WELL-BEING</p> <p>EMOTIONAL RESILIENCE 2.0: COMPELLING PROGRAMS THAT IMPROVE MODIFIABLE HEALTH POTENTIAL SCORES Karen Lloyd, PhD, LP, Sr. Director, Behavioral Health & Resilience, HealthPartners Elizabeth Swanson, Vice President of Human Resources, HealthPartners</p>	<p>SALON A</p> <p>SALON B</p> <p>RAVINIA</p> <p>SALON C</p> <p>SALON G</p> <p>SALON H</p>

	<p>WELLNESS PROVIDER BRIEFS</p> <p>ENSURING PROGRAM SUCCESS: THE POWERFUL HEALTH ANALYTICS TECHNOLOGY AND MEDICAL INTERVENTION Michael DeSimone, Vice President of Software Solution Marketing & Product Manager, Best Doctors</p> <p>THE SUCCESS OF YOUR HEALTH & WELLNESS PROGRAMS DEPEND ON REWARDS, PERSONALIZATION & UNDERSTANDING Laurie Gondek, RN, Vice President of Strategic Accounts, Welltok</p> <p>PRACTICING WHAT WE PREACH – A LOOK AT GARMIN’S WELL-BEING PROGRAM & WEARABLE APPROACH Haley Akin, Senior Health & Wellness Specialist, Garmin</p>	PIEDMONT
4:15 – 5:05 PM	<i>BREAKOUT: Session 6</i>	
	<p>FAMILIES & COMMUNITIES</p> <p>HEALTH COACHING: WHAT DO WE KNOW? WHAT WORKS? Lori Huss, MEd, Director, Wellness Capabilities, Humana Sue Zbikowski, PhD, Chief Behavioral Scientist, Wellness, Humana</p>	SALON A
	<p>FUTURE OF WORK & THE WORKPLACE</p> <p>100 PERCENT PARTICIPATION: WHY THE BUILT SPACE MATTERS Mim Senft, CWWS, GBA, AAI, RYT, President & CEO, Motivity Partnerships, Inc. Anita Shaughnessy, Vice President, Well-Being Manager, Wells Fargo Leigh Stringer, Workplace Strategy & Research, EYP Phil Williams, President of Business Development, Delos</p>	SALON B
	<p>GLOBAL</p> <p>2016 FINDINGS OF THE GLOBAL WELL-BEING SURVEY Tami Simon, JD, Global Practice Leader Wolf Kirsten, MS, Co-Founder, Global Centre for Healthy Workplaces</p>	RAVINIA
	<p>MANAGING SUCCESSFUL GLOBAL ROLLOUTS Tom Sermon, President of International, Virgin Pulse</p>	SALON H
	<p>INFLUENCERS</p> <p>WELLNESS INCENTIVES: CAN THEY WORK? ARE THEY WORTH IT? Heidi Koland, MS, Senior Integrated Business Development Manager, StayWell</p> <p>HEALTH COACHING - INTO THE FUTURE Aubrey Olson, Director, Product Management, StayWell Erin Seaverson, MPH, Senior Director, Research and Evaluation, StayWell</p>	SALON C
	<p>MEASURES THAT MATTER</p> <p>TACKLING LOW BACK PAIN & DEPRESSION: MEASUREMENT-DRIVEN BREAKTHROUGHS FOR EMPLOYERS Harris Allen, PhD, Principal, Harris Allen Group, LLC Debra Lerner, PhD, MS, Director, Program on Health, Work & Productivity, Tufts Medical Center Alberto Colombi, MD, MPH, Corporate Medical Director (Retired), PPG Industries, Inc.</p>	SALON G
	<p>WELLNESS PROVIDER BRIEFS</p> <p>BEYOND ENGAGEMENT: THREE KEY PREDICTORS OF SUCCESS IN EMPLOYEE WELL-BEING PROGRAMS Shawn Moore, SVP, Consumer Engagement Solutions, ActiveHealth Management</p>	PIEDMONT

	MANAGING FOR HEALTHY EMPLOYEES Joel Spoonheim, MURP, Director, Health Promotion, HealthPartners	
5:30 – 6:30 PM	EXERCISE: Fun Run/Walk Sponsored by StayWell	LOEWS LOBBY

THURSDAY, SEPTEMBER 29, 2016

REGISTRATION OPEN 7:00 AM – 12:00 PM
ELLINGTON PREFUNCTION

TIME	SESSION	LOCATION
6:30 – 8:30 AM	Breakfast	OVERLOOK
6:30 – 7:15 AM	EXERCISE: Bootcamp	PITTMAN
7:15 – 8:00 AM	EXERCISE: Yoga	CENTENNIAL
8:30 – 10:00 AM	<p>GENERAL SESSION: Opening Remarks</p> <p>GENERAL SESSION: Panel – <i>RESEARCH UPDATE</i> Moderator: Ron Goetzl, PhD, Senior Scientist & Director of IHPS, Johns Hopkins University, and VP of Consulting & Applied Research, Truven Health Analytics Panelists: Debra Lerner, PhD, MS, Director, Program on Health, Work & Productivity, Tufts Medical Center Lindsay Sears, PhD, Executive Director & Principal Investigator, Healthways</p>	ELLINGTON BALLROOM
10:00 – 10:30 AM	BREAK	ELLINGTON PREFUNCTION
10:30 – 12:00 PM	<p>GENERAL SESSION: Panel – <i>EEOC, INCENTIVES & ENGAGEMENT – CUTTING THROUGH THE 'FAT'</i> Moderator: Tami Simon, JD, Global Practice Leader, Xerox Panelists: Laurie Whitsel, PhD, Director of Policy Research, American Heart Association Jeff Kullgren, MD, MS, MPH, Research Scientist, VA Ann Arbor Healthcare System, Assistant Professor of Internal Medicine, University of Michigan Medical School Chris Kuczynski, JD, LLM, Assistant Legal Counsel, EEOC</p>	ELLINGTON BALLROOM