



HEROForum17 AGENDA

TUESDAY, SEPTEMBER 12, 2017

TIME	SESSION
7:30 – 8:30 AM	BREAKFAST
8:30 – 10:15 AM	<p>GENERAL SESSION: Opening Remarks</p> <p>GENERAL SESSION: Panel – <i>WORKPLACES, COMMUNITIES AND EMOTIONAL WELL-BEING: COALESCENCE OR COLLISIONS AFOOT WITH FUTURE WORKERS?</i></p> <p>David Ballard, PhD, Assistant Executive Director for Organizational Excellence, American Psychological Association Sara Johnson, PhD, Co-President & CEO, Pro-Change Behavior Systems, Inc. Ben Miller, PsyD, Chief Policy Officer, Well Being Trust</p>
10:15 – 10:45 AM	NETWORKING BREAK
10:45 – 11:20 AM	<p>CAMPFIRE: Session 1</p> <p>SPECIAL WORKSHOP</p> <p>SPECIAL WORKSHOP: THE ART & VALUE OF LISTENING WELL Wendy Lynch, PhD, Founder, Lynch Consulting, Ltd.; Adjunct Associate Professor, Indiana University/Purdue University at Indianapolis</p> <p>CULTURE CHANGE</p> <p>IS YOUR ORGANIZATION READY TO SUPPORT WELL-BEING? Laura Hamill, PhD, Chief People Officer, Limeade</p> <p>SPARK TALKS: Session 1</p> <p>DIVERSITY & WORKFORCE ENGAGEMENT</p> <p>WHAT IT TAKES TO BECOME A HIGH-PERFORMANCE EMPLOYER Andrew Sykes, BSc, FFA, ASA, MHP, President and Chief Habit Starter, Habits at Work</p> <p>MEASURES THAT MATTER</p> <p>WHAT IS THE CORRELATION OF LIFESTYLE CHANGES TO BIOMETRICS RESULTS? Trent Tangen, MA, Health Coaching Manager, HealthCheck360</p> <p>HEALTH PRACTICES SCORECARD Marco Aurelio Prass Goetten, Technical Director, SESI - Social Service Industry of Santa Catarina</p> <p>SKILLS, MOTIVATION, AUTONOMY</p>

DISRUPTING TRADITIONAL CARE MANAGEMENT IN THE WORKPLACE IN REAL TIME

Jeremy Corbett, MD, Chief Health Officer, Engolve PeopleCare

SMART INCENTIVES: PERSPECTIVE FROM A RECOVERING NEUROSCIENTIST

Will Clower, PhD, CEO, Mediterranean Wellness

CULTURE CHANGE

KICK THE SITTING HABIT WITH A MOVEMENT MINDSET (AND HELP FROM SIT-STAND DESKS)

Betsey Banker, CWWS, CWWPM, Wellness Market Manager, Ergotron

11:30 AM –
12:30 PM

BREAKOUT: Session 1

SPECIAL WORKSHOP

SPECIAL WORKSHOP (CONT.): THE ART & VALUE OF LISTENING WELL

Wendy Lynch, PhD, Founder, Lynch Consulting, Ltd.; Adjunct Associate Professor, Indiana University/Purdue University at Indianapolis

DIVERSITY & WORKFORCE ENGAGEMENT

DIGITIZING EMPLOYEE WELL-BEING AND MENTAL HEALTH PROGRAMMING ON A GLOBAL STAGE

Genevieve Jones, Advisor, Wellness, CNRL

Danny Weill, MBA, Vice President, Partnerships, LifeSpeak

MEASURES THAT MATTER

BUILDING AND MEASURING A CULTURE OF HEALTH AT KAISER PERMANENTE

Michelle Mancuso, MPH, Manager, National Healthy Workforce, Kaiser Permanente

Nicole VanderHorst, MS, Principal Research Consultant, Talent and Organizational Performance, Kaiser Permanente

SKILLS, MOTIVATION, AUTONOMY

WELLNESS CHAMPION TRAINING: RESEARCH ON COMPETENCIES, PLANS, AND IN-HOUSE ACTIVITIES

Lindsay Simone, MA, Director of Health and Wellness Services, ACEC Life/Health Trust

Joel Bennett, PhD, President, Organizational Wellness & Learning Systems

Danielle Fournier, BA, LAS, Human Resource Generalist, Alan Plummer Associates, Inc.

WELL-BEING I

THE TWO “E’S” OF WELLNESS: EMPLOYERS AND EMPLOYEES

Patricia Benson, MEd, Assistant Vice President of Health and Wellness, University of Louisville

Sean McManamy, Senior Vice President, Strategy & Product, HealthFitness

WELL-BEING II

PURPOSE: A MODERN SCIENTIFIC (AND ANCIENT PHILOSOPHICAL) APPROACH TO WELL-BEING

Victor Strecher, PhD, MPH, Founder, JOOL Health, Inc.

Vita McCabe, MD, Chair, Trinity Wellness and Resilience, Trinity Health

Cathy Baase, MD, Former Global Chief Medical Officer, Dow Chemical

CULTURE CHANGE

CULTURE EATS STRATEGY FOR BREAKFAST: THE HOW AND WHY OF BUILDING SUSTAINABLE CULTURES OF WELLNESS

Ray Fabius, MD, Co-Founder, HealthNEXT

Cathryn Gunther, Vice President, Global Population Health, Merck & Co., Inc.

SUSTAINABILITY

SOUTH CAROLINA LAWMAKERS LEAD TECH-SAVVY, PROVEN APPROACH TO POPULATION HEALTH

Jen Wright, MPH, Director of Working Well, South Carolina Hospital Association

Representative Neal Collins, Esq., South Carolina House of Representatives

	Michelle Moran , Head of Global Wellness Partnerships, Fitbit Health Solutions
12:30 – 1:30 PM	NETWORKING LUNCH
1:30 – 3:00 PM	GENERAL SESSION: RX FOR SUCCESSFUL ORGANIZATIONS: IT'S GOOD 2 B GOOD Stephen G. Post, PhD , Best-Selling Author; Professor of Preventive Medicine, Stony Brook University; Director & Founder of the Center for Medical Humanities, Compassionate Care—Stony Brook University
3:00 – 3:30 PM	NETWORKING BREAK
3:30 – 4:30 PM	<p style="text-align: center;"><i>BREAKOUT: Session 2</i></p> <p>DIVERSITY & WORKFORCE ENGAGEMENT</p> <p>INTEGRATED HEALTH, WELL-BEING, AND INJURY PREVENTION: ESSENTIAL FOR LEADING IN A COMPETITIVE CORPORATE LANDSCAPE Rebecca Kelly, PhD, RDN, FAND, President & Founder, Element Health, Inc. Sheri Snow, MA, RD, CDE, Wellness Manager, American Cast Iron Pipe Company Deborah Lechner, PT, MS, Founder & President, ErgoScience™, Inc.</p> <p>MEASURES THAT MATTER</p> <p>ACCOUNTABILITY & A POSITIVE (AND POPULAR) WELLNESS PROGRAM: UNTANGLING THE WEB OF WELLNESS DATA PRIVACY AND SECURITY LAWS Jim Pshock, CEO & President, Bravo Wellness Barbara J. Zabawa, JD, MPH, Owner, Center for Health and Wellness Law, LLC</p> <p>SKILLS, MOTIVATION, AUTONOMY</p> <p>INCREASE WELLNESS ENGAGEMENT BY LEVERAGING BEHAVIORAL ECONOMICS: AN EMPLOYER CASE STUDY Kathleen Nelson, PT, MPH-PPH, Director of Population Health, Signature Healthcare Jennifer Kelley, CWPM, Wellness Coordinator, Signature Healthcare</p> <p>WELL-BEING I</p> <p>WELLBEING – THE ROLE IT PLAYS IN OUR HEALTH, HAPPINESS AND ABILITY TO CHANGE Jennifer Turgiss, DrPH, Vice President, Behavior Science & Analytics, Johnson & Johnson Health and Wellness Solutions Jack Groppel, PhD, Co-founder, Johnson & Johnson Human Performance Institute</p> <p>WELL-BEING II</p> <p>MOVING FROM TRADITIONAL WELLNESS TO STRATEGIC WELLBEING: MAINEGENERAL'S EVOLUTION & ENGAGEMENT RESULTS Chris Boyce, CEO, Virgin Pulse Kenji Saito, MD, JD, Medical Director of Workplace Health and Regulatory Liaison, MaineGeneral</p> <p>CULTURE CHANGE</p> <p>BUILDING A CULTURE OF EMOTIONAL HEALTH: AMEX'S HEALTHY MINDS CAMPAIGN Charles Lattarulo, PhD, Global Director, Healthy Minds, American Express Rich Paul, MSW, Senior Vice President, Employer Strategy and Development, Beacon Health Options</p> <p>SUSTAINABILITY</p> <p>GOOD HEALTH IS GOOD FOR BUSINESS Andrew Renda, MD, MPH, Director of Bold Goal Measurement and Learning, Humana Sari M. Vatske, MA, Vice President of Community Relations, Feeding South Florida</p> <p>IN THE CLINIC</p>

	<p>LEVERAGING ONSITE CLINICS FOR VOI Kristin Parker, PhD, MPH, Partner, Total Health Management Specialty Practice Leader, Mercer Susan Moley, Senior Director, PepsiCo</p>
4:40 – 5:15 PM	<p style="text-align: center;">CAMPFIRE: Session 2</p> <p>DIVERSITY & WORKFORCE ENGAGEMENT</p> <p>MILLENNIALS: WAKING UP WELLNESS AND THE WORKFORCE Jessica Domann, MS, Fitness Lead, Phillips 66 Nikki Brauer, MS, Director of Health Promotion and Wellness, Illinois State University</p> <p>SKILLS, MOTIVATION, AUTONOMY</p> <p>INSPIRING VOLUNTEER CHAMPIONS TO MOTIVATE AND SUPPORT EMPLOYEE WELL-BEING Rebecca Fink, MEd, CHES, Senior Program Coordinator, StayWell</p> <p style="text-align: center;">SPARK TALKS: Session 2</p> <p>MEASURES THAT MATTER</p> <p>EXPLORING THE ASSOCIATION BETWEEN ORGANIZATIONAL SAFETY AND HEALTH CLIMATES AND TWO PRODUCTIVITY MEASURES Abigail Katz, PhD, Analytics Consultant, HealthPartners; Research Associate, HealthPartners Institute</p> <p>BEYOND INSURANCE CLAIMS: BRIDGING THE GAP BETWEEN HEALTH CARE AND EMPLOYEES Nicole Martel, MPH, System Director – Health & Well-being, Mercy Health</p> <p>SKILLS, MOTIVATION, AUTONOMY</p> <p>THE NEW ENGAGEMENT PARADIGM: BEHAVIOR CHANGE IN THE ERA OF DIGITAL MEDICINE Peter Hames, MEP, CEO, Big Health</p> <p>NEW BEHAVIOR CHANGE SCIENCE YOU’RE IGNORING Barry Paillet, Vice President, Products, Partnerships & Client Communications, Preventure</p>
5:30 – 7:00 PM	<p>AWARDS RECEPTION Sponsored by Alliant Employee Benefits</p>
7:00 – 9:00 PM	<p>AWARDS DINNER & PRESENTATION 2017 HERO Bill Whitmer Leadership Award 2017 C. Everett Koop National Health Awards, presented by The Health Project</p>

WEDNESDAY, SEPTEMBER 13, 2017

TIME	SESSION
6:00 – 7:00 AM	<p>FITNESS CLASSES Sponsored by RedBrick Health</p>
7:00 – 8:30 AM	<p>NETWORKING BREAKFAST New Member Welcome HERO Committee Meetings Healthy HERO Honoree</p>
8:30 – 10:15 AM	<p>GENERAL SESSION: THE CLUES IN YOUR CULTURE: HOW LOVE, ANXIETY AND DETERMINATION AFFECT YOUR BOTTOM LINE</p>

	<p>Olivia (Mandy) O’Neill, PhD, Associate Professor of Management, School of Business, and Senior Scientist, Center for the Advancement of Well-Being, George Mason University</p> <p>Plenary Panel: ENGAGEMENT, SUSTAINABILITY & WELL-BEING: WHAT DOES IT TAKE TO STAY IN THE GAME FOR THE LONG RUN?</p> <p>Moderator: Seth Serxner, PhD, Chief Health Officer and Senior Vice President of Population Health, Optum</p> <p>Krystal Sexton, PhD, Epidemiologist, Shell Health</p> <p>Laura Young, Sr. Wellness Director, Goldman Sachs</p>
10:15 – 10:45 AM	NETWORKING BREAK
10:45 – 11:20 PM	<p style="text-align: center;"><i>CAMPFIRE: Session 3</i></p> <p>DIVERSITY & WORKFORCE ENGAGEMENT</p> <p>CULTURALLY RESPONSIVE ENGAGEMENT: APPLYING THE EVIDENCE Yanping Dong, MA, National Director of Multicultural Markets, Kaiser Permanente</p> <p>WELL-BEING</p> <p>WELCOME TO THE JUNGLE: KEEPING PACE WITH THE AMAZON-LIKE SPEED OF PERSONALIZATION Cherie Buraglio, MEd, Senior Director, Product Management, HealthFitness</p> <p style="text-align: center;"><i>SPARK TALKS: Session 3</i></p> <p>DIVERSITY & WORKFORCE ENGAGEMENT</p> <p>ENGAGEMENT REIMAGINED Steven Noeldner, PhD, Senior Consultant, Total Health Management Practice, Mercer</p> <p>SKILLS, MOTIVATION, AUTONOMY</p> <p>PROMOTING THE CULTURE OF HEALTH AT A LARGE MULTINATIONAL EMPLOYER THROUGH THE DEVELOPMENT OF ACTIVITY-BASED WORKPLACE NETWORKS Mary Cain, MPH, Senior Director, Clinical Strategy, Jiff, Inc.</p> <p>ENCOURAGING BEHAVIORAL CHANGE WITH INNOVATIONS IN PHYSICAL ACTIVITY INCENTIVES Tal Gilbert, CEO, Vitality Group</p> <p>WELL-BEING</p> <p>ONE SIZE FITS ONE – LEVERAGING TECHNOLOGY TO PERSONALIZE HEALTHCARE OUTREACH AND DRIVE ENGAGEMENT Colin Roberts, Vice President, Product Strategy, West Health Advocate Solutions</p> <p>DITCHING DIETS & EMBRACING FOOD: EMPOWERING EMPLOYEES TO MAKE HEALTHY CHOICES AT EVERY MEAL Jason Langheier, MD, MPH, CEO and Founder, Zipongo</p> <p>CULTURE CHANGE</p> <p>MINDFULNESS AS A COMPETITIVE ADVANTAGE: HELPING EMPLOYEES THRIVE IN THE AGE OF STRESS AND DISRUPTION Joe Burton, Founder & CEO, Whil Concepts</p>
11:30 AM – 12:30 PM	<i>BREAKOUT: Session 3</i>

DIVERSITY & WORKFORCE ENGAGEMENT

ENGAGING A DIVERSE WORKFORCE OF 25,000 EMPLOYEES

Sarah Hawkins, MEd, Health Champion Program Coordinator, Florida Hospital
Kristin Duquaine, MSN, MHA, Health and Performance Director, Florida Hospital
Stephanie Abril, MHA, Manager, CREATION Health Employees, Florida Hospital

MEASURES THAT MATTER

MAKING THE LINK BETWEEN HEALTH AND TALENT

Keith Winick, Director of Health & Wellness Analytics, Prudential Financial
Christine Turner, MHA, Senior Client Executive, Truven Health Analytics, an IBM Company

SKILLS, MOTIVATION, AUTONOMY

HEALTHY CHOICE: CLEVELAND CLINIC'S SUCCESSFUL APPROACH TO EMPLOYEE POPULATION HEALTH

David Pauer, MNO, Director of Wellness for the Employee Health Plan, Cleveland Clinic
Sean McNamara, BA, Manager of Health Partnerships, Garmin
Dave Hoinville, MRM, Director of Business Development, myInertia

WELL-BEING I

TACKLING THE SEDENTARY WORK ENVIRONMENT ONE STEP AT A TIME

Anita Shaughnessy, MEd, Vice President, Benefits Manager, Wells Fargo

CULTURE CHANGE

CULTURAL COMMITMENT: THE KEY TO IMPROVING ORGANIZATIONAL ENGAGEMENT

Angie Schmidt, BS, National Wellbeing Consultant, CBIZ Employee Services Organization
Jerry Wagner, PhD, President, Academy of Culture Ambassadors

SUSTAINABILITY

EMPLOYERS, COMMUNITY HEALTH AND THE ECONOMIC AND BUILT ENVIRONMENT

Steve Jobin, CEO, Raritan Bay Area YMCA
Toni Lewis, Community Coach, New Jersey Health Initiatives

IN THE CLINIC

THE AVENGERS: HOW CLINICAL AND BEHAVIORAL SCIENCE, TECHNOLOGY, USER EXPERIENCE DESIGN, AND MARKETING ARE TEAMING UP TO DETHRONE OBESITY

Tim Church, MD, MPH, PhD, Chief Medical Officer, ACAP Health Consulting
Susan Campbell, PhD, Senior Program Manager, Wellness, American Airlines
Kendall Ramirez, Director of Engagement, ACAP Health Consulting

12:30 –
1:30 PM

NETWORKING LUNCH

1:30 –
2:30 PM

BREAKOUT: Session 4

DIVERSITY & WORKFORCE ENGAGEMENT

MILLENNIALS AND A NEW VALUE EXCHANGE: DRIVING ENGAGEMENT THROUGH RESILIENCE

Jan Bruce, CEO and Co-founder, meQuilibrium
Brad Smith, PhD, Vice President, Reporting & Analytics, meQuilibrium

MEASURES THAT MATTER

OPTIMIZING HEART HEALTH IN THE WORKPLACE: OPPORTUNITIES AND CHALLENGES

Chris Calitz, MPP, Director of the Center for Workplace Health Research and Evaluation, American Heart Association
Khurram Nasir, MD, Director of the Center for Healthcare Advancement & Outcomes, Director of High Risk CVD Clinic, Baptist Health South Florida
Maria Dee, National Director for Workforce Wellness, Kaiser Foundation Health Plan, Inc.

	<p>WELL-BEING I</p> <p>ENGAGING TEAM MEMBERS THROUGH ACTIVATED MANAGERS: MANAGERS' INFLUENCE ON WELL-BEING Sara Johnson, PhD, Co-President & CEO, Pro-Change Behavior Systems Laura Putnam, MA, CEO, Motion Infusion Crockett Dale, CEO, Healthstat</p>
	<p>WELL-BEING II</p> <p>PROVING THE ROI AND PRODUCTIVITY GAINS OF AN EMPLOYEE SLEEP WELLNESS PROGRAM Dominic Munafo, MD, Chief Medical Officer, Optisom & Sleep Data Lisa Roberson, RD, Corporate Director of Wellness & Sustainability, Morrison Healthcare Mercedes C. Lyson, PhD, Assistant Professor of Medicine, Tufts Medical Center</p>
	<p>CULTURE CHANGE</p> <p>NEW TOOLS FOR THE BUSINESS SECTOR ENGAGING IN HEALTH IMPROVEMENT Raquel Bournhonesque, MPH, Community Coach, County Health Rankings & Roadmaps Jane Flowers, Executive Director, Chamber of Commerce of Vicksburg, MS</p>
	<p>SUSTAINABILITY</p> <p>COMBINING BIG DATA ANALYTICS AND INTEGRATED SERVICE DELIVERY TO ACCELERATE ENGAGEMENT Michael Parkinson, MD, Senior Medical Director, UPMC Health Plan Andrew Yohe, MBA, Associate Vice President, UPMC WorkPartners Wendy Lynch, PhD, Founder, Lynch Consulting, Ltd.; Adjunct Associate Professor, Indiana University/Purdue University at Indianapolis</p>
	<p>IN THE CLINIC</p> <p>REVERSING DIABETES – PURDUE UNIVERSITY & VIRTA HEALTH Mike Payne, MBA, MSci, Head of Commercial & Policy, Virta Health Denny Darrow, Vice President for Human Resources, Purdue University</p>
2:40 – 3:40 PM	<p>GENERAL SESSION: STRESS, YOUR MINDSET AND TRANSFORMATIONAL CHANGE Alia Crum, PhD, Assistant Professor, Psychology, Stanford University</p>
3:40 – 4:00 PM	<p>NETWORKING BREAK</p>
4:00 – 5:00 PM	<p>GENERAL SESSION: Panel – OUR FAVORITE RECENT STUDIES AND WHY WE THINK YOU SHOULD LOVE THEM Moderator: Ron Goetzel, PhD, Vice President of Consulting & Applied Research, IBM Watson Health; Professor, Johns Hopkins Bloomberg School of Public Health</p> <p>Glorian Sorensen, PhD, MPH, Professor of Social and Behavioral Sciences, Harvard T.H. Chan School of Public Health; Director of the Center for Community-Based Research, Dana-Farber Cancer Institute Nathan Barleen, Director of Research, RedBrick Health</p>
5:30 – 6:30 PM	<p>EXERCISE: Fun Run + Walk Sponsored by StayWell</p>

THURSDAY, SEPTEMBER 14, 2017

TIME	SESSION
6:00 – 7:00 AM	FITNESS CLASSES Sponsored by RedBrick Health
7:00 –	BREAKFAST

8:30 AM	
8:30 – 10:15 AM	<p>GENERAL SESSION: Keynote – LISTENING FOR WHAT MATTERS</p> <p>Wendy Lynch, PhD, Founder, Lynch Consulting, Ltd.; Adjunct Associate Professor, Indiana University/Purdue University at Indianapolis</p>
10:15 – 10:30 AM	BREAK
10:30 – 12:00 PM	<p>GENERAL SESSION: “PATERNALISM INCREASES EMPLOYEE ENGAGEMENT” – An Oxford Style Debate hosted by Paul Terry</p> <p><u>For the Proposition:</u></p> <p>Ryan Sledge, OhioHealth</p> <p>Megan Amaya, The Ohio State University</p> <p><u>Against the Proposition:</u></p> <p>Roshi Fisher, Lockton</p> <p>Josh Glynn, Google</p>
12:00 NOON	ADJOURN