



Fall Think Tank 2024

SPEAKER BIOS

Program Director



Sara Johnson, PhD

ProChange Behavior Solutions, HERO

Sara Johnson, PhD, is the Co-President & CEO of ProChange Behavior Solutions. She is also the Senior Research Fellow for the Health Enhancement Research Organization (HERO), immediate past Chair of the Art and Science of Health Promotion Conference, and immediate former Co-Editor of *Knowing Well, Being Well*. She has been the principal investigator on over \$10 million in federally funded research. Sara has been recognized as one of the Top Ten Most Influential Women Scholars in Health Promotion by the *American Journal of Health Promotion*. Previous honors have included receiving HERO's Mark Dundon Research Award and being named one of the 50 on Fire by Rhode Island Inno and Health Care Services Woman to Watch by *Providence Business News*, as well as being selected as a Top 10 Health Promotion Professional by the Wellness Council of America. She has more than 40 publications.

Host



Karen Moseley

HERO

Karen Moseley is President & CEO of the Health Enhancement Research Organization (HERO), a national think tank dedicated to advancing best practices in workplace health and well-being. Having worked in the non-profit sector for more than 30 years, Karen has led the development and dissemination of groundbreaking research and educational convenings within multiple health-focused organizations. She is the 2021 recipient of the Leader in Workplace Wellness Award presented by the Global Wellness Summit. In 2023, she was recognized as one of The Most Influential Women Leaders in Health Promotion by the *American Journal of Health Promotion*. Karen received her Bachelor of Science in business administration from the University of North Carolina at Chapel Hill.

Brandi Hodor

Merative



Brandi Hodor is Senior Healthcare Analytic Advisor at Merative. She brings more than two decades of healthcare strategic planning and a demonstrated history of leveraging a consultative approach to identify solutions and devise highly customized strategies to transforming the healthcare industry. She is an industry expert in the integration of socio-demographics and social determinant of health data and oversees a cross functional team with capabilities to deliver analytics with commitment to innovative solutions in both traditional and value-based care arrangements. Utilizing diverse subject matter expertise, much of her work has been focused on identifying opportunities and developing strategies to maximize revenue with a focus on data analysis to address business initiative. Brandi holds a BS degree in applied mathematics and statistics from Missouri University of Science and Technology.

David Eisenberg, MD

Harvard T.H. Chan School of Public Health



David Eisenberg, MD, is Director of Culinary Nutrition and Adjunct Associate Professor in the Department of Nutrition at the Harvard T.H. Chan School of Public Health. He founded the Teaching Kitchen Collaborative, a network of 65 organizations with teaching kitchens, intended to evaluate best practices relating to nutrition, culinary, and lifestyle education. David was the Teaching Kitchen Collaborative's Executive Director from 2016-2023 and is its Senior Advisor. He has directed the annual education conference, *Healthy Kitchens, Healthy Lives*, since 2006.

David is a graduate of Harvard College and Harvard Medical School. He completed his fellowship training in general internal medicine and is Board Certified. In 1979, David served as the first U.S. medical exchange student to the People's Republic of China. He has been an advisor to the NIH, the FDA, the Federation of State Medical Boards, the US National Board of Medical Examiners, and the Department of HHS.

David Hines

Metro Nashville Public Schools



David Hines is the Executive Director of Employee Benefits at Metro Nashville Public Schools (MNPS) where he established a network of primary care clinics to serve their employees, retirees, and their dependents. In 2017, he opened MNPS' first integrated health and wellness facility, combining primary care, behavioral health, health coaching, fitness, physical therapy, chiropractic, acupuncture, and pharmacy. His current work extends to creating greater access to specialty care through clinic-based telehealth and the development and expansion of value-based care, including adoption of bundled payment programs for medical services.

David's career started at Blue Cross Blue Shield of Tennessee in claims management. He went on to serve as the Director of Operations for the State of Tennessee Employee Health Plans, Benefit Manager for Nissan Motor Manufacturing, Insurance Director for Rutherford County, TN. David serves on the boards of Healthcare TN, the State and Local Government Benefit Association, and the National Association of Worksite Health Centers.

Jonathan Bonnet, MD, MPH, CAQSM, FAAFP, FACLM, DipABOM, DipACLM,

Stanford University School of Medicine, Palo Alto Veterans Affairs



Jonathan Bonnet, MD, MPH, CAQSM, FAAFP, FACLM, DipABOM, DipACLM, is a board-certified family, sports, obesity, and lifestyle medicine physic. He is an associate professor (affiliate) at Stanford University School of Medicine and the program director of medical weight loss at the clinical resource hub weight management center at the Palo Alto Veteran's Affairs (VA). He has been a top prescriber of glucagon-like peptide-1 receptor agonists (GLP-1RA) in the VA weight management center and has given over a dozen keynotes, grand rounds, podcasts, and presentations on the intersection of weight loss medications and lifestyle medicine.

Jonathan has a background in exercise physiology and is a certified personal trainer. He completed his undergraduate and medical school degrees at Ohio State University before finishing his family medicine residency at Duke University and his sports medicine fellowship at the University of Florida. He also holds a master's degree in public health from Harvard's T.H. Chan School of Public Health.

Martha Shepherd, DO, MPH, FAAFP

Vanderbilt Health at Metro Nashville Public Schools



Martha E. Shepherd, DO, MPH, FAAFP, DipABLM, FACLM, is the Chief Medical Officer for the Metro Nashville Public Schools (MNPS) Teacher Health Plan and the Medical Director for Vanderbilt Health at MNPS, a network of five employer-based clinics dedicated to delivering whole-person care to Nashville's school district employees. Martha is an associate professor of clinical medicine and pediatrics at Vanderbilt University Medical Center in the division of general internal medicine and public health.

She is active in the corporate health and wellness space, serving on the board of directors for the Health Enhancement Research Organization (HERO), the Medical Director Council for the National Association of Worksite Health Centers (NAWHC), the Cigna Mid-South Physician Advisory Council, and as an active member of the Business Group on Health and HealthCareTN employer-led business coalitions. Martha is triple board-certified in family medicine, integrative medicine, and lifestyle medicine, and holds a Master of Public Health from Dartmouth.

Mary Delaney, MSPT, CWP

Vital Incite



Mary Delaney, MSPT, CWP, is the Managing Partner of Vital Incite, and is the thought leader and creator behind their employee benefits program. She founded Vital Incite in September 2013 after having spent 23 years on the provider side of the healthcare industry. Mary has particular expertise in wellness solutions, disease management, utilization management, and clinic integration. Prior to founding Vital Incite, Mary served as the Director of Employee Health for American Health Network.

At Vital Incite, Mary partners with employers to analyze the health risk factors of employee populations alongside historical medical spend to identify areas of opportunity and develops integrated strategies that include wellness program design, health care benefit utilization, and employee communication. Mary received a Bachelor of Science degree in biology from University of Michigan and a Master of Science degree in physical therapy from University of Indianapolis.

Denise Murphy

University of Notre Dame



Denise Murphy currently serves as the Assistant Vice President for Total Rewards for the University of Notre Dame. In this position, she is responsible for advancing the strategy development and overall management of compensation, benefits, and well-being. This includes programs for health and welfare, retirement, and well-being/work life as part of the total employment experience.

Prior to joining Notre Dame in 1997, Denise held the position of Director of Human Resources for Women's Health Partnership, a physician organization in Indianapolis. In addition, she has held administrative positions in hospital systems and retail. Her experience includes talent development and acquisition, employee relations, organizational design, learning and development, compensation, benefits, and well-being.