



NEWS RELEASE

(For immediate release)

HERO announces Health and Well-Being Awards winners

WACONIA, MN (October 10, 2018) — The Health Enhancement Research Organization ([HERO](#)) recognized excellence in the field of workplace health and well-being with the presentation of the 2018 [HERO Health and Well-Being Awards](#) during the recent HERO Forum in Ponte Vedra Beach, FL.

Award recipients included: Shelly Wolff (**Bill Whitmer Leadership award**), Sara Johnson and Kerry Evers (**Mark Dundon Research Award**), Beth Bierbower (**Jerry Noyce Executive Health Champion Award**), Sheri Snow (**Heart of HERO Award**), and Amanda Potter (**Healthy HERO Award**).

“As the field of workplace health and well-being continues to evolve, we need leaders working to advance the field, improve our understanding, and increase adoption of best practices and emerging practices in workplace health and well-being. This year’s award recipients have been champions in this cause for years,” said Paul Terry, president and CEO, HERO. “The work of these six people has been essential to moving the needle on workplace well-being, and they are all well deserving of recognition.”

About the winners

- [Bill Whitmer Leadership Award](#) winner Shelly Wolff has carried her well-being leadership through multiple positions, most recently as health and workforce effectiveness leader at Willis Towers Watson. In her current position, she provides thought leadership in global health and worker effectiveness as well as health and work performance research. Prior to joining Willis Towers Watson, Wolff worked for 10 years as health and productivity program leader at GE.
- Dr. Sara Johnson and Dr. Kerry Evers are co-CEOs and presidents of Pro-Change Behavior Systems, Inc., a research and development company dedicated to disseminating evidence-based behavior change solutions that maximize health and well-being. So it makes sense that they would be the first co-recipients of the [Mark Dundon Research Award](#). Both are well known for their expertise on theory-driven approaches to health behavior change, for implementing evidence-based behavior change strategies, and for identifying methods for increasing program impact. They have dedicated their careers to research on and dissemination of best practices in behavior change to advance population health and well-being. Together, they have overseen millions in grants from the National Institutes of Health to conduct research in diverse populations that addresses a variety of behavior change challenges, such as substance use prevention among active military and veterans and chronic pain self-management.

- The work [Jerry Noyce Executive Health Champion Award](#) winner Beth Bierbower has done as president of the group and specialty segment at Humana has helped transform that company into a leader in the field of workplace well-being. Bierbower established Humana's wellness department and implemented policies that promoted work-life balance, including a digital detox campaign that banned work emails from 6 p.m., Friday through 6 a.m., Monday. She holds regular town halls to promote Humana's values of employee well-being and volunteerism, and has shared her own wellness journey with employees.
- For more than 20 years, [Heart of HERO Award](#) winner Sheri Snow has overseen an innovative well-being program at American Cast Iron Pipe Company. As American's wellness manager, Snow has put a focus on both individual health and well-being and the company's connection to the community. American's well-being program earned the C. Everett Koop National Health Award in 2014.
- Presented for the first time in 2017, the [Healthy HERO Award](#), sponsored by Alliant Employee Benefits, recognizes individuals who are actively involved in their own well-being through participation in a company-sponsored health and well-being program. The 2018 Healthy HERO Award recipient is Amanda Potter, a social media manager for Midco Communications who transformed her life after the birth of her son, changing her nutrition and fitness habits to improve her mental well-being and her physical health.

###

For more information:

Barbara Tabor, HERO / (+1 651-450-1342) / barbara@taborpr.com

About HERO – Based in Waconia, MN, HERO (the Health Enhancement Research Organization) is a not-for-profit, 501(c)3 corporation that was established in 1997. HERO is dedicated to identifying and sharing best practices that improve the health and well-being of employees, their families and communities. To learn more, visit www.hero-health.org. Follow us on [Twitter](#) @heroehm, [Facebook](#), or [LinkedIn](#).