



NEWS RELEASE

(For immediate release)

From workplace culture to employee engagement, new HERO report offers expert insights on trends in workplace well-being

WACONIA, MN (November 2, 2017) — The Health Enhancement Research Organization ([HERO](#)) today released its [2017 HERO Forum Proceedings](#) report summarizing the latest trends and insights on employee health and well-being. The report draws from four days of keynote presentations by employers and well-being leaders at the 2017 HERO Forum.

Several industry experts are featured in the report, including:

- [Stephen Post](#), PhD, bestselling author and director of the Center for Medical Humanities, Compassionate Care, and Bioethics at Stony Brook University;
- [Sara Johnson](#), PhD, co-president and CEO of Pro-Change Behavior Systems;
- [Abigail Katz](#), PhD, analytics consultant for health and care engagement at HealthPartners Institute; and
- [Dominic Munafò](#), MD, chief medical officer for SleepData.

The report addresses topics of growing interest in health and well-being, including:

- Maintaining engagement in well-being programs without offering incentives,
- The business benefits of encouraging employees to volunteer in the community,
- The impact of managers at all levels of the workplace on employee engagement,
- The growing importance of developing a workplace culture where employees can thrive, and
- Ways to engage a broad demographic of employees in a workforce that now features more millennials than any other generational group.

“These are all important issues as employers consider how to keep employees healthy, engaged in their work and well-being, and satisfied with their jobs. As the workforce changes, our approaches to such issues must also change,” said Paul Terry, president and CEO, HERO. “We see significant value in bringing together a balanced variety of experts on topics that address a full spectrum of well-being strategies, while also sharing real-life stories from workplaces around the world. This report provides easy access to insights on such topics from key thought leaders.”

To learn more or to access the HERO Forum Proceedings report, visit www.hero-health.org.

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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](https://twitter.com/heroehm) @heroehm or [LinkedIn](https://www.linkedin.com/company/hero-health).