



HEROForum22 Agenda*

How the Choices We Have Influence the Choices We Make: Diversity, Inclusion, and the Integration of Lifestyle Medicine and Population Health Promotion
September 19-23rd at the Omni Amelia Island Resort
For more information visit the [Forum online](#).

Tuesday, September 20th – Forum22 Pre-Conference Events (additional registration required)

8:00 am – 1:00 pm ET – 2022 Healthcare Summit

The Great Healthcare Resignation: Leveraging Employee Well-being as Part of the Solution

9:00 am – 1:00 pm ET – Lifestyle Medicine Workshop

Integrating Lifestyle Medicine into the Workplace Through Health and Well-Being Offerings From Employers

Led by: **Sara Johnson, PhD**, Pro-Change Behavior Solutions, Inc./HERO

Brought to you through a grant from the [Ardmore Institute of Health](#).

2:00 – 5:00 pm ET – HERO Members-Only Fall Think Tank

Will new and emerging guidance improve employer efforts to advance workforce mental health?

7:00 – 9:00 pm ET – Forum Opening Reception – open to all attendees, no additional registration required

Wednesday, September 21st – Forum22, Day 1

8:30 – 10:00 am ET – Opening Panel, General Session

Inclusive Lifestyle Medicine and Population Health

John Quelch, DBA, University of Miami; **Dexter Shurney, MD**, Adventist Health, Blue Zones Wellbeing Institute; **Eduardo Sanchez, MD**, American Heart Association; Moderator: **Karen Moseley**, HERO

10:20 – 11:20 am ET – Breakout Sessions/Learning Labs

11:25 am – 12:25 pm ET – Breakout Sessions/Learning Labs

1:30 – 2:30 pm ET – General Session

Inclusive Communications Strategies: Understanding the LGBTQ+ Community

Jessica Halem, MBA, University of Pennsylvania; Reactors: **Kerry Evers, PhD**, Pro-Change Behavior Solutions, Inc.; **Marleece Sherman Estella, MD, MHCM, BP**

2:40 – 3:40 pm ET – Breakout Sessions/Learning Labs

4:00 – 5:00 pm ET – Breakout Sessions/Learning Labs

5:30 – 7:00 pm ET – HERO Health and Well-Being Awards Reception

Brought to you by [WorkPartners](#).



Thursday, September 22nd – Forum22, Day 2

9:00 – 10:15 am ET – General Session Panel

Lifestyle Medicine and Mental Health: The Lifestyle Medicine Research Summit Recommendations

Gia Merlo, MD, New York University; **Alyssa Vela, PhD**, Northwestern University; **Michael Parkinson, MD**, P3 Health

10:35 am – 12:05 pm ET – Deep Dive Sessions

- Recharge Rooms: Integrating Neuroscience and Technology to Promote Employee Well-Being

Karen Alexander, MPA, Johns Hopkins University School of Medicine; **Cheryl Connors, DNP**, Johns Hopkins Medicine; **David Putrino, PhD**, Icahn School of Medicine at Mount Sinai; **Mirelle Phillips**, Studio Elsewhere

- Early Insights From a CDC Foundation Supported Employer Learning Collaborative in Pursuit of a Benchmark Culture of Health and Well-Being

Ray Fabius, HealthNEXT; **Michele Bildner**, CDC Foundation; **Neil Goldfarb**, Greater Philadelphia Business Coalition on Health

- Let's Get to What Matters by Addressing Workplace Spirituality

Jessica Grossmeier, Jessica Grossmeier Consulting; **Suzy Harrington**, Texas Children's Hospital; **Newton Cheng**, Google; **Jennifer Posa**, Johnson & Johnson

1:05 – 1:35 pm ET – C Everett Koop Awards

1:35 – 2:35 pm ET – General Session Panel

A Journal Club Session on Workforce Well-being: Putting Research into Practice

Moderator: **Sara Johnson, PhD**, Pro-Change Behavior Solutions, Inc./HERO; **Jessica Grossmeier, PhD, MPH**, Jessica Grossmeier Consulting; **Wendy Lynch, PhD**, Lynch Consulting Ltd.

2:55 – 3:55 pm ET – Breakout Sessions/Learning Labs

4:00 – 5:00 pm ET – Breakout Sessions/Learning Labs

5:30 – 6:30 pm ET – HERO Playground

Friday, September 23rd – Forum22, Day 3

7:00 – 8:00 am ET – Mindfulness Practice

Cut, Curate, and Cultivate: Mastering Technology through Mindfulness

Jennifer Ju, Physician

9:00 – 10:00 am ET – General Session Keynote

The employer-employee social contract is changing. Are you keeping up?

Tami Simon, JD, Segal

10:20 – 11:20 am ET – General Session Keynote

Breaking Stigma: Overcoming Cultural Barriers in Mental Health Program Engagement

Gretl Kruse, MHA, Mayo Clinic; **Beba Tata, MPH**, Mayo Clinic

11:20 am – 12:00 pm ET – General Session, Wrap-up

Highlights and Key Takeaways from Forum22

Kerry Evers, PhD, Pro-Change Behavior Solutions, Inc.



Breakout Sessions

Health Literacy 2.0 in the Workplace: Key to Engagement, Health Equity, and Improving Outcomes
Seth Serxner, Seth Serxner, LLC; **Thomas Chamberlain**, EdLogics; **Les Hall**, Allfirst, LLC

Evaluation of an Intervention to Address Health Disparities Among Lower Wage-Earning Employees
Kristi Jenkins, University of Michigan

Addressing the Heart and Soul of Employee Well-being
Jessica Grossmeier, Jessica Grossmeier Consulting

The University of Iowa is Enjoying a Recharge
Kerry Evers, Pro-Change Behavior Solutions, Inc.; **Megan Hammes**, University of Iowa

Achieving Whole Person Health Through Lifestyle Medicine
Connor Santo, AdventHealth; **Bryse Conner**, AdventHealth

Driving Health Equity in the Workplace
Eduardo Sanchez, American Heart Association

Whole Person Data: Understanding and Addressing Social Determinants of Health
Heidi Orstad, MMA; **Brittany Graff**, Sanford Health

A Large Healthcare Organization's Approach to Diversity, Equity, & Inclusion and Psychological Health & Safety
Tyler Amell, Pacific Coast University for Workplace Health Sciences/MediKeeper; **Dave Keen**, Fraser Health Authority

How ICUBA's Integrated Care Approach Decreases MSK Spend
Louis Dickey, Hinge Health; **Rachel Magnus**, ICUBA

Fight Burnout and Build Resilience with Virtual Well-being
Juan Simons, GuideWell (Florida Blue); **Sarah Ziemer**, Wellbeats

Obesity and Health Disparities: Address Your Health Plan's Biggest Culprits
Martha Shepherd, Vanderbilt Health at Metro Nashville Public Schools; **David Hines**, Metro Nashville Public Schools

Building a Culture of Health: Capturing Meaningful Employee Data
Annie Fitzgerald, St. Louis Area Business Health Coalition; **Michele Bildner**, CDC Foundation; **Barrie McClune**, Ross Becker Group; **Stacy Becker**, Ross Becker Group

Novel Measures for Evaluating Workforce Health Equity at Kaiser Permanente
Maria Dee, Kaiser Permanente; **Nicole VanderHorst**, Kaiser Permanente; **Benjamin Simons**, Kaiser Permanente

Couching Coaching in Spirituality: A Legal Risk or Benefit?
Barbara Zabawa, University of Wisconsin Milwaukee

Altering Organization Performance Through Well-being
Seth Schuchman, Gallup; **Dave Allman**, Careots



Promote, Protect, and Access: Shell's Data-Driven Global Mental Health Program
Krystal Sexton, Shell

Multigenerational lifestyle improvements through a plant-predominant eating approach.

Rebecca Kelly, Element Health, Inc.; **Janet Calhoun**, Ardmore Institute of Health/Full Plate Living; **Amy Hanus**, Ardmore Institute of Health/Full Plate Living; **Pamela Payne-Foster**, The University of Alabama

NIOSH Worker Well-Being Questionnaire (WellBQ)

Chia-Chia Chang, National Institute for Occupational Safety and Health (NIOSH)

Addressing the Personal, Social, and Organizational Determinants of Health

Vic Strecher, University of Michigan School of Public Health/Kumanu; **Eric Zimmerman**, Kumanu; **Newton Cheng**, Google; **Beth Finkle**, University of Delaware

Leading by Example: Measuring What Matters Addressing Workforce Social Needs/Determinants

Margaret Rehayem, National Alliance of Healthcare Purchaser Coalitions

How Engaging Diverse & Underserved Patients Can Help Heal Us All

Deanna Hokanson, Hennepin Healthcare; **Nancy O'Brien**, RSP Architect/Dreambox, Experience Happiness, LLC

The Construction/Role of a Culture of Health Annual Report

Ray Fabius, MD, HealthNEXT; **Karen Sones**, First Horizon; **Craig Wright, CEBS**, Lipscomb & Pitts; **Karen Personett**, DTE Energy

Healthy is Hard ... Equitable Health is Harder

Jesse Gavin, Baylor College of Medicine; **Tanya Little**, Vitality Group

Farm to University: Community Supported Agriculture as an Employee Benefit

Jairus Rossi, University of Kentucky, College of Agriculture; **Jody Ensman**, University of Kentucky

Exclusive On-Demand Breakout Sessions

From Table to Topsoil in the Midwest

Sam Dolezal, Union Bank & Trust

STAT (Screen, Trust, Access, Treat): Reducing Oncology Disparities among African-Americans

Emily Coe, Adventist Health – Blue Zones Well-Being Institute

Tech-Enabled Primary Care: How a Data-Driven Approach Improves Condition Management

Allison Velez, Everside Health; **Steven Halterman**, State of Colorado

Employers Take Note: Creating a New Approach to Well-being in the Digital Age

Mary Mulcare, Summus Global; **Raquel Harrison**, Yale-New Haven Hospital/Acute2Root; **Melissa Repert**, Ares Management



The Air We Breathe, Population Health Promotion

Beth Campbell, Timilon

Using Technology to Improve the Health of Your Diabetics

Trent Tangen, HealthCheck360; **Holly McCormick**, Groendyke Transport

2022 Research Trends in Workplace Financial Wellness

Mark Dennis, Financial Finesse