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.

*Times and speakers subject to change.
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.

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**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

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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

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The Air We Breathe, Population Health Promotion  
Beth Campbell, Timilon

Using Technology to Improve the Health of Your Diabetics  
Trent Tagen, HealthCheck360; Holly McCormick, Groendyke Transport

2022 Research Trends in Workplace Financial Wellness  
Mark Dennis, Financial Finesse

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