HEROForum22 Agenda*

*Times and speakers subject to change.

**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: How the choices we have influence the choices we make.*
**Jessica Halem, MBA**, University of Pennsylvania

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 Workplace Health and Well-Being Awards Reception
Brought to you by **WorkPartners**.

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

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

1:35 – 2:35 pm ET – General Session Panel
Worksite Health Promotion Journal Club: Latest Research on Equitable Approaches to Lifestyle Medicine
Moderator: Sara Johnson, PhD, Pro-Change Behavior Solutions, Inc./HERO

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 – Workshop
Cut, Curate, and Cultivate: Mastering Technology through Mindfulness
Jennifer Ju, Physician

9:00 – 10:00 am ET – General Session Keynote
Is There a New Employer/Employee Social Contract?
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 Systems, Inc.

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Confirmed 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

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 Decreased MSK Surgery Medical Claims by 67%  
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  
Ryan Wolf, Gallup; Dave Allman, Careots

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

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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; Jenna Bishop, Baystate Health; 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; Molly Hoff, Hennepin Health

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

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

Confirmed On-Demand Breakout Sessions
From Table to Topsoil in the Midwest
Sam Dolezal, Union Bank & Trust

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

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; Shelia Colelli, Bridgewater Associates

The Air We Breathe, Population Health Promotion
Beth Campbell, Timilon; Lisa Herring, Superintendent of Atlanta Public Schools

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

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