

**HERO FORUM**



**Awards Presentation**

September 2022

# BILL WHITMER LEADERSHIP AWARD

Wendy D. Lynch, PhD



For over 35 years, Wendy Lynch, PhD, has converted complex analytics into business value. At heart, she is a sense-maker and translator. A consultant to numerous Fortune 100 companies, her early work focused on corporate health promotion. Today that focus has expanded to the application of big data solutions in human capital management.

As a research scientist working in the business world, Wendy has learned to straddle commercial and academic goals, translating analytic results into market success.

Through her roles in diverse work settings—including digital start-ups, century-old insurers, academic medical centers, consulting firms, health care providers and the board room—she became familiar (and fascinated) with the unique language of each. She also became familiar with the difficult dynamic that often exists between business and analytic teams—preventing them from collaborating effectively.

Those experiences led to her true passion of promoting clear and meaningful conversations that produce mutual understanding and success. The result is her new book *Become an Analytic Translator*, and an online course.

According to McKinsey there will be a need for 2-4 million analytic translators in the next decade. Dr. Lynch hopes to train many data professionals to fill those positions.

---

## Bill Whitmer Leadership Award

This award honors dedication and commitment to the field of health and well-being and acknowledges outstanding achievements in the area of leadership.

As the co-founder and former CEO of HERO, **Bill Whitmer** (and HERO) issued a loud Wake UP Call for America that our nation was in the midst of a perfect storm of poor health, an aging population, and rising health care costs. Bill spent years bringing together leaders in the workplace HWB industry — employers, researchers, providers, payors and consultants — and insisting that, together, we represented a powerful force with the ability to positively impact the health of our nation. Building on the foundation that Bill laid, HERO's membership, and its voice and power as an agent for change, have increased dramatically over the past 20 years.

### PAST RECIPIENTS

2011 – Michael O'Donnell, *American Journal of Health Promotion*

2012 – John Harris, MEd, FAWHP, Performance pH

2013 – David Anderson, PhD, StayWell

2014 – David Hunnicutt, PhD, WELCOA

2015 – Bill Baun, EPD, CWP, FAWHP, MD Anderson Cancer Center

2016 – Jerry Noyce

2017 – LaVaughn Palma-Davis, MA, University of Michigan

2018 – Shelly Wolff, MBA, Willis Towers Watson

2019 – Fikry W. Isaac, MD, MPH, FACOEM, WellWorld Consulting

2020 – Pamela Hymel, MD, MPH, FACOEM, Disney Parks, Experiences and Products (DPEP)

2021 – Raymond J. Fabius MD, DFACPE, Truven Health Analytics

# MARK DUNDON RESEARCH AWARD

Jessica Grossmeier, PhD, MPH



Jessica Grossmeier, PhD, MPH, is a leading voice in workplace well-being, having dedicated her career to identifying evidence-based strategies that promote a thriving workforce.

Serving the past 20 years as an outcomes researcher and program evaluation consultant, she has executed research studies demonstrating health and financial outcomes for workplace well-being initiatives sponsored by numerous large, national employers. More recently, her research has focused on identifying best practice

approaches to workplace well-being initiatives that are associated with superior health and business outcomes.

She works with employers and well-being service providers to identify evidence-based practices that promote a thriving workforce. This includes collaborative research, advising, writing, and speaking on topics related to workplace well-being best practices, measurement/evaluation, strategic planning, and value demonstration.

Jessica has published more than 80 articles in professional journals and served as co-editor of The Art of Health Promotion section in the *American Journal of Health Promotion*. Jessica is the author of *Reimagining Workplace Well-Being: Fostering a Culture of Purpose, Connection, and Transcendence*. She frequently presents at industry conferences, events, and webinars and has served as a judge for national well-being award programs including the C. Everett Koop National Health Award.

---

## Mark Dundon Research Award

This award honors dedication and commitment to the field of health and well-being and acknowledges outstanding achievements in the area of research.

**Mark Dundon** contributed to the advancement of workplace health and well-being (HWB) for the decades he spent working in the healthcare industry. Best known within the ranks of the HERO membership as the co-founder and former Chairman of the Board of HERO, Mark's contributions to the field of HWB research and the healthcare field include running a three-state healthcare system in Kentucky and providing the seed money for ground-breaking research. Each year at the HERO Forum, the Mark Dundon Research Award is presented to the professional who most closely embodies his outstanding work in the area of workplace HWB research.

### PAST RECIPIENTS

- 2011 – Ron Goetzel, PhD, Truven Health Analytics / Johns Hopkins University
- 2012 – David Anderson, PhD, StayWell
- 2013 – Nicolaas Pronk, PhD, MA, FACSM, HealthPartners
- 2014 – Dee W. Edington, PhD, Edington Associates, LLC
- 2015 – Wayne Burton MD, American Express
- 2016 – Laura A. Linnan, ScD, UNC-Chapel Hill
- 2017 – Glorian Sorensen, PhD, MPH, Harvard T.H. Chan School of Public Health
- 2018 – Kerry Evers, PhD, and Sara Johnson, PhD, Pro-Change Behavior Systems, Inc.
- 2019 – Debra Lerner, MSc, PhD, Tufts Medical Center Institute for Clinical Research and Health Policy Studies
- 2020 – Victor J. Strecher, PhD, MPH, University of Michigan's Schools of Public Health and Medicine
- 2021 – Rachel Henke, PhD, IBM Watson Health

# HEART OF HERO AWARD

Megan Hammes, MS, MCHES



Megan Hammes, MS, MCHES is the Senior Director of UI Wellness at the University of Iowa where she provides leadership for initiatives and policies designed to support the whole-person well-being of 20,000+ faculty and staff including an academic medical center. The liveWELL program at the University of Iowa has won numerous recognitions including a Healthy Iowa Award, Blue Zones Certified Worksites, C Everett Koop National Health Award Honorable Mention, and National Wellness Challenge Winner from the Building Healthier Academic Communities (BHAC) organization.

Megan attributes this program success to a blend of top-down, leadership support and grass-roots energy and enthusiasm for well-being in the workplace from many faculty and staff at the University of Iowa. Programs need to be appropriately supported and resourced, but they also need to be owned locally. Megan is passionate about the constant focus and communication needed at both ends of the spectrum, but is also quick to give credit to a solid team and ongoing leadership commitment.

Megan serves as a planning co-chair for the HERO University Summit and associated HERO Universities Unmuted webinars. She is certified as a Health and Wellness Coach, a Resilience & Thriving facilitator, a Make it Okay Ambassador and is a Master Certified Health Education Specialist (MCHES). Megan has a background in athletic training with an undergraduate degree from the University of Iowa, and her master's degree is in health promotion management from American University in Washington D.C.

Megan resides in a rural setting outside of Iowa City, Iowa. She and her family (husband and two children) enjoy hosting and entertaining family and friends along with doing a vast array of outdoor activities in the four seasons that Iowa has.

---

## Heart of HERO Award

This award honors a health and wellness practitioner (Wellness Directors, Health Managers, Human Resource) who has made an outstanding contribution towards the advancement of HWB within their company.

The **Heart of HERO Award** recognizes health and wellness practitioners who have directly impacted the health and well-being of their organization through their demonstrated leadership, personal commitment to health, and systematic application of industry best practices.

### PAST RECIPIENTS

2014 – Rebecca Kelly, PhD, The University of Alabama

2015 – Joni Troester, MA, MBA, University of Iowa

2016 – Jody Ensmann, MS, University of Kentucky

2017 – Mark Poindexter, Shell Oil Company

2018 – Sheri Snow, MEd, RD, CDE, AMERICAN Cast Iron Pipe Company

2019 – Philip DiRusso, MaineGeneral Medical Center Workplace Health

2020 – Patricia Benson, formerly University of Louisville

2021 – Julie Andrews, University of Iowa

# HEALTHY HERO AWARD


Anneliese (Lisa) Murphree



Anneliese (Lisa) Murphree is the Director of Faculty Recruitment and Program Innovation for the Department of Psychiatry, a part of UPMC and the University of Pittsburgh. While on maternity leave in May 2020, she was diagnosed with breast cancer. She underwent surgery, followed by a year-long course of chemotherapy and immunotherapy (a total of 17 infusions at the UPMC Hillman Cancer Center) and 20 rounds of radiation. She continued to work full-time during her treatment because all her FMLA for the year had been used for maternity leave.

Lisa received the recognition of a UPMC MyHealth Role Model in August 2021, when the seven members of the Chair's office of the Department of Psychiatry collectively nominated her for the award.

She wants her story to be a source of hope for, and comfort to, younger adults (<40 years old) who are facing a cancer diagnosis when they are still trying to build their lives.

Sponsored by  
**workpartners** 

---

## Healthy HERO Award

The Healthy HERO Award program enables sponsoring organizations to highlight the successes of individuals who participate in their health and well-being program. This year's Healthy HERO Award sponsor is **WorkPartners**, a health and productivity solutions company and affiliate of the University of Pittsburgh Medical Center (UPMC) and UPMC Health Plan.

WorkPartners' Role Model Program recognizes employees who improved their overall health and well-being by making a significant lifestyle change, such as quitting smoking, losing weight, becoming more active, eating healthier, or managing stress.

### PAST RECIPIENTS

- 2017 – Brent Easton, Mercy Health. Sponsor, Alliant Employee Benefits.
- 2018 – Amanda Potter, Midco. Sponsor, Alliant Employee Benefits.
- 2019 – Keara Vance, WorkPartners
- 2020 – Deborah Moon, UPMC
- 2021 – Rebecca Orenstein, University of Pittsburgh

## **Awards Committee**

**Bridget Neurer**

*Aon Risk Solutions*

**David Anderson, PhD,**

*VisioNEXT, LLC*

**Susan Bailey, MS**

*Marsh & McLennan Agency*

**Cindy Ballog, MPH**

*Medical Mutual*

**Patricia Benson, MEd**

**Andy Crighton**

*Crighton Consulting*

**Jack Curtis, MS**

*Corporate Health Partners*

**Kerry Evers, PhD**

*ProChange Behavior Solutions*

**Ray Fabius**

*HealthNEXT*

**Sara Johnson, PhD**

*ProChange Behavior Solutions*

**Rebecca Kelly, PhD**

*Element Health Inc.*

**Laura Linnan, ScD,**

*University of North Carolina*

**Karen Moseley**

*HERO*

**Nico Pronk, PhD, MA**

*HealthPartners Institute*

**Krystal Sexton**

*Shell*

**Paul Terry, PhD,**

*HERO*



Our sincere gratitude to our Awards Committee for the work and dedication they have put forward to honor the achievements of the people making the best contributions to the workplace health & well-being industry.

**NETWORK | LEARN | ENGAGE**