



HERO FORUM²⁰²³
Doing Well by Doing Good:
How Responsible Organizations are
Addressing Societal Challenges

Remote Work and Employee Well-Being: Threats and Opportunities

Tammy D. Allen, PhD, University of South Florida

Fully remote and hybrid work arrangements are here to stay. The share of new job postings that advertise remote work has risen dramatically since 2020. Moreover, survey research shows that the majority of employees in remote-capable jobs prefer hybrid or fully remote work over fully onsite work. Despite a large body of research on the outcomes associated with remote work, relatively less attention has been directed toward understanding how remote work relates to employee physical and psychological health and well-being. What happens to employee health and well-being when the physical boundary between work and nonwork disappears? What strategies can employees use to effectively detach and recover from work when the home also becomes the workplace? How does remote work relate to health behaviors such as exercise and sleep? This keynote address will focus on the state of the science concerning the threats and the opportunities presented by remote work for employee health and well-being. Recommendations for practice will also be provided.

Learning Objectives

After completing this session, participants will be able to:

1. Describe the overall benefits and challenges associated with remote work.
2. Explain the connection between remote work and employee well-being.
3. List best practices for enhancing the well-being of remote workers.

1 CEU (ADV)

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C. Everett Koop National Health Awards

Ron Goetzel, PhD, Johns Hopkins Bloomberg School of Public Health

The C. Everett Koop National Health Awards recognize outstanding worksite health promotion and improvement programs. This keynote session spotlights the organizations recognized by The Health Project as having implemented best practice programs resulting in demonstrated outcomes related to participation, health, and financial cost impact. Winners of this prestigious award will share their stories, answering the questions: what was done; did it work; and was it worth it. Learn what it takes for an application to meet the requirements of an award-winning initiative.

Learning Objectives

After completing this session, participants will be able to:

1. Identify strategies used by award-winning companies to improve population health by helping individuals change unhealthy behaviors and reducing health risks.
2. Describe what works to establish a culture of health at the workplace and/or in the community.
3. Recognize the characteristics of health and well-being programs that offer good value for the money spent investing in these programs.

.5 CEU (ADV)

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