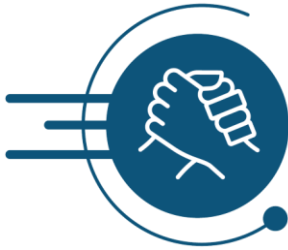


Baltimore, MD

October 7-9, 2024



HERO Forum24

Change at the Speed of Trust: Belongingness as the Gateway to a Healthier Culture



Forum24 Agenda

For more information visit the [Forum online](#).

Monday, October 7th

9:00 am –
12:00 pm

2024 Fall Think Tank

HERO Members Only

Lifestyle, Environmental, and Pharmacological Interventions for Obesity:
How Employers Can Strike the Right Balance with GLP-1s

12:00–1:30 pm

Fall Think Tank Luncheon

1:30-2:45 pm

Forum24 Opening Panel

How Trust and Belongingness Affect Organizational Change

Olivia (Mandy) O'Neill, George Mason University
Ingrid Nembhard, University of Pennsylvania
Charles Williams, Lockheed Martin
Karen Moseley, HERO (Moderator)

3:00-6:00 pm

2024 CMO Summit

A convening only for Chief Medical Officers, Chief Health Officers, and Corporate Medical Directors.

When Food is Medicine, What is the Physician's Role?

3:05-4:05 pm

Forum24 Breakout Sessions

4:15-5:15 pm

Forum24 Breakout Sessions

5:30-7:00 pm

HERO Workplace Health & Well-Being Awards Reception

Tuesday, October 8th

7:00-8:30 am	Breakfast Included with Forum registration.
8:30-9:30 am	Forum24 Panel What COVID (and Other Untold Threats) Teach Us About Organizational Change Marleece Estella, BP Connie Noonan Hadley, Boston University Richard Safeer, Johns Hopkins Medicine Paul Terry, HERO (Moderator)
9:30-10:00 am	C Everett Koop National Health Awards Host: Ron Goetzl, The Health Project; Johns Hopkins University
10:20-11:20 am	Forum24 Breakout and Learning Lab Sessions
11:20 am – 12:50 pm	Lunch Included with Forum registration.
12:50-1:50 pm	Forum24 Research Update The Latest Science Informing Best Practices Suzanne Nobrega, University of Massachusetts Lowell Amy Locke, University of Utah Ron Ozminkowski, Aon Laura Linnan, University of North Carolina at Chapel Hill (Moderator)
2:00-3:00 pm	Forum24 Breakout and Learning Lab Sessions
3:20-4:20 pm	Forum24 Breakout and Learning Lab Sessions

Wednesday, October 9th

7:00-8:30 am **Breakfast**
Included with Forum registration.

8:30-9:30 am **Forum24 General Session**

What Have We Learned?
Kerry Evers, ProChange Behavior Solutions

9:40-10:55 am **Forum24 Breakout Sessions**

11:05 am -
12:00 pm **Forum24 Closing Session**

Building Trust No Matter Where You Sit: Saving Lives One by One Behind the Chair
Stephen Thomas, University of Maryland
Sara Johnson, HERO, ProChange Behavior Solutions (Moderator)

12:00-1:00 pm **Healthcare and University Summit Lunch**

1:00-5:00 pm [2024 Healthcare Summit](#)

Championing Healthcare Workplace Safety and Well-Being: Addressing Violence, Harassment, and Mental Health

1:00-5:00 pm [2024 University Summit](#)

Where You Belong. Explore Drivers of Belonging for Faculty and Staff in Higher Education

Schedule TBD

Breakout Sessions**How to Integrate Mindfulness into Your Workplace Culture and Improve Trust**

Richard Safeer, Johns Hopkins Medicine

Jennifer Salaverri, Johns Hopkins Medicine

Integrating Mental Wellness into High Performing Teams: Lessons Learned from Professional Sports

Joanne Perry, Novant Health

Nyaka NiiLampti, National Football League

Impact of Lifestyle Changes on Men's Health and Chronic Disease Management

Kevin Billups, Meharry Medical College

New Approaches: Enhancing Workplace Inclusion and Mental Health through Participatory, Applied Research

Sharon Johnson-Hakim, Mars

Miriam Williams, Mars

Cathryn Gunther, Mars

A System Change Approach to Improve Health through Work and Workplaces

Elizabeth Bachrad, Business for Health

Belonging at Work: A Case Study at the University of Iowa

Joan Troester, University of Iowa

Kerry Evers, ProChange Behavior Solutions

Tackling the New "Big 3" Measures That Matter in Workplace Well-Being

Eric Zimmerman, Kumanu

Jeff Stier, EY

Mariano Diaz Miranda, Booz Allen Hamilton

Demonstrating the Value of Activating Employers to Implement Lifestyle as Medicine

Sara Johnson, ProChange Behavior Solutions, HERO

Martha Shepherd, VUMC Office of Population Health, Metro Nashville Public Schools

Gerardo Durand, 3M

David Hines, Metro Nashville Public Schools

Leanne Mauriello, Evolve Health Advisors

10 Steps to Longer, Healthier Employee Lives: A Workforce Health Equity Roadmap

Jason Horay, American Heart Association

Brian Pieninck, CareFirst BlueCross BlueShield

Health Literacy in Action: A Link to Engagement, Belonging, and Well-Being

Seth Serxner, EdLogics

Milton Brown, Eastern Virginia Medical School

Doug Roehm, Strategic Services Group

A Data-Driven Approach to Tracking and Communicating Belongingness Among University Employees

Kristi Rahrig Jenkins, University of Michigan
Ryan Veneri, Merative

Leveraging Data, Wellness Champions, and Vendor Collaboration to Evolve Your Wellness Program

Jessica McCurdy, Franklin County Cooperative
Amy Upp, OhioHealth
Rachel Dosch, OhioHealth

Why Is Everyone So Damn Grumpy?

Ron Goetzel, Johns Hopkins University

Kaiser Permanente's Employee Healthy Equity Strategy: From Data to Action

Michelle Mancuso, Kaiser Permanente
Nicole Vanderhorst, Kaiser Permanente
Shannon Jones, Kaiser Permanente

Driving Improved Health and Well-Being Across the State of South Dakota

Heidi Orstad, Marsh and McLennan
Angi Kappenman, State of South Dakota
Karla Sohre, Marsh and McLennan

Measure and Improve: Taking Workforce Mental Health Efforts to the Next Level

David Ballard, One Mind at Work
Krystal Sexton, Shell
Ryan Sledge, HCA Healthcare

Pride in Our Work: A Dialogue on LGBTQ+ Belonging in the Workplace

Madison Gilmore, Pro-Change Behavior Solutions
James Wolfe, Eidos LGBTQ+ Health Initiative at the University of Pennsylvania
Gaurang Choksi, Violet

Well-Being is Relational: Why Workplace Relationships are Critical for Employee Well-Being

Colleen Saringer, HERO, Colleen Saringer, PhD, Fractional, Consulting & Advisory Services
Bridgette McCullough, OhioHealth
Krystal Sexton, Shell

Live. Play. Work. Worship. Leveraging SDOH to Build Innovative Models to Support Diverse and Hard-to-Reach Populations

Rebecca Kelly, Element Health, Inc.
Pamela Payne-Foster, University of Alabama
Alena Williams, University of Michigan

Neuroplasticity & Brain Health for Learning and Leadership Agility: Cases in Organizational Change

Noémie Le Pertel, SHINE Harvard, Institute for Global Flourishing

Enhancing Employee Experience to Drive Workforce Engagement, Productivity, and Related Outcomes

Elizabeth Click, Case Western Reserve University
Jesse Gavin, Baylor College of Medicine
Erin Seaverson, WebMD Health Services
Jennifer Brady, University of Pennsylvania Health System

Leveraging Employee Resource Groups to Highlight the Value of DEI Efforts

Janis Davis-Street, Chevron
Melina Evdemon, Chevron
Amy Shannon, Chevron

Workforce Health Equity and Total Worker Health: Implementation within a Healthcare System

Bruce Sherman, UNC-Greensboro
Emily Stiehl, University of Illinois Chicago
Preethi Pratap, University of Illinois Chicago

Tuesday,
October 7th

Discussion Tables – Breakfast Brainstorm/ Lunch and Learn**Reimagine Your Onsite Clinics for Integrated Behavioral Health Access**

Kristin Hasley, UPMC Health Plan – Workpartners

Harnessing the Power of Podcasting in Employee Well-Being and Engagement

Monica Reinagel, Nutrition Diva podcast

From Transactional to Transformational - Well-Being Strategies for Optimal Engagement

Cassie Bruce, Baptist Health
Mary Beth Torres, Baptist Health

Pairing Organizational Change Management to Redesign Wellness and Create Meaning in Work

Cindy Ballog, Medical Mutual
Charlie Zei, Bravo Wellness

Turn on Workforce Financial Well-Being with Workplace Emergency Savings, Not Debt

Sid Pailla, Sunny Day Fund

ADHD: The Workplace and Accommodation

John Severino, CEJ Consultants

Mental Health, SDOH, DEI, and the HERO Scorecard

Colleen Saringer, HERO, Colleen Saringer, PhD, Fractional, Consulting & Advisory Services

Belonging: The Catalyst for Organizational Transformation

Chase Sterling, Wellbeing Think Tank

The Role of the Workplace in a Preventive Model of Mental Health

Dave Kasdan, Talkspace

Available to all!

Webinars

Evaluating Enterprise Approaches to Social Well-Being and DEI Using AI-Based Methodologies

Ray Fabius, HealthNEXT

Measuring Well-Being - Workforce Flourishing for Human Sustainability and Organizational Health

Noémie Le Pertel, Institute for Global Flourishing, SHINE Harvard

Check back for updates as we continue to build the agenda.