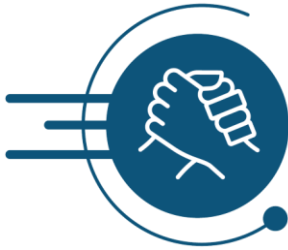


Baltimore, MD

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 7<sup>th</sup>

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 Amid the GLP-1 Craze

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**

*By Invitation Only (contact [Karen Moseley](#) for invitation)*

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 8<sup>th</sup>**

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

## Wednesday, October 9<sup>th</sup>

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: How Health Advocates Can Save Lives**  
Stephen Thomas, University of Maryland  
Additional Speakers TBD  
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

### **How to Create Cultures of Health Built on a Culture of Safety**

Ray Fabius, HealthNEXT  
Faiyaz Bhojani, University of Texas Health  
Misty Miran, M.C.Dean  
Tom Fariss, HealthNEXT  
Glen Haskell, New Balance

### **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

Schedule TBD

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

Kristin Hasley, UPMC Health Plan – Workpartners  
Adam Pittler, UPMC

**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 – PATH  
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, MyAdultADHDCoach.com

**Mental Health, SDOH, DEI, and the HERO Scorecard**

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

Available to all!

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

Ray Fabius, HealthNEXT  
Wayne Rawlins, HealthNEXT  
Marsha Greene-Jones, City of Philadelphia

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