2026 Healthcare Summit

SPEAKER BIOS

Program Director

Ryan Sledge, MBA, MPH, DrPH (c)

Vice President, Occupational Medicine and Workforce Health and Safety, HCA Healthcare

Ryan Sledge is vice president of Enterprise Occupational Medicine & Workforce Health and Safety for Nashville-based HCA Healthcare, one of the nation's leading providers of healthcare services. In this role, he leads the strategy and operations for workforce health, safety, and occupational medicine across more than 190 hospital-based clinics and 430 urgent care centers delivering occupational medicine services. Sledge directs initiatives to reduce injury and illness, strengthen regulatory compliance, and promote the health and well-being of over 300,000 colleagues, while expanding employer-facing services and strategic partnerships to grow HCA Healthcare's national occupational medicine portfolio.

Sledge joined HCA Healthcare in 2021 and was instrumental in the company's COVID-19 response and enterprise workforce health resilience strategies. Previously, he served in various leadership capacities at OhioHealth, where he oversaw occupational medicine, onsite clinics, and employer health services. Throughout more than 15 years in healthcare administration, Sledge has demonstrated a strong focus on developing innovative solutions, forming strategic partnerships, and building effective teams.

Sledge serves as Vice Chair of the Board of Directors for the Health Enhancement Research Organization (HERO) and as a Board Member of Make-A-Wish Middle Tennessee. He earned a Bachelor of Science and Master of Public Health from Michigan State University, and a Master of Business Administration from the University of Michigan. He is currently pursuing his Doctor of Public Health at the University of South Florida.

Program Director

Amy Upp, DrPH, MS

Senior Advisor, Customer Strategy for OhioHealth Employer Solutions

Amy Upp, DrPH, MS is the Senior Advisor, Customer Strategy for OhioHealth Employer Solutions. With over 20 years of experience in health and well-being, she has held leadership positions in various areas, including medically based fitness centers, corporate fitness and wellness operations, and multidisciplinary teams. In her current role, Amy works with employers to develop strategic well-being plans, utilizing tools and services such as the HERO Health and Well-Being Scorecard. She has also served as an Adjunct Professor at Otterbein University. Amy is currently pursuing a Doctorate in Public Health.

Kristi Jenkins, PhD, MPH

Research Program Manager, MHealthy

Kristi Rahrig Jenkins, PhD, MPH, is the Research Program Manager for MHealthy, the health and well-being services at the University of Michigan for faculty, staff, and their dependents. With over twenty-five years of experience in university research units, Kristi has been with MHealthy since 2009. Prior to this role, she worked at the university's Addiction Research Center and the Institute for Social Research. Her current research focuses on employees with lower wages, managerial and organizational support, health behaviors and employee health outcomes such as absenteeism and turnover, with a strong emphasis on evidence-based strategies to improve health and well-being in a university setting. Kristi holds a Master of Public Health in Community Health Education from the University of South Florida and a PhD in Sociology from Wayne State University.

Tom Jenike, MD

Physician Executive, Leadership Coach, and Wellbeing Strategist

Tom Jenike, MD, is a physician executive, former chief wellbeing officer, executive coach, and founder of Peak Leadership. For more than three decades, his work has spanned clinical medicine, executive leadership, organizational wellbeing, and leadership development.
Tom built and led an enterprise wellbeing strategy within one of the nation's largest health systems, producing internally validated improvements in burnout, engagement, and retention, along with estimated organizational value. His work focuses on creating the conditions for people to thrive while strengthening organizational performance.

Through Peak Leadership, Tom helps healthcare organizations move wellbeing from a collection of programs to a comprehensive strategy. His approach addresses workforce abrasion—the pressures and organizational friction that make meaningful work harder—while developing caring leaders and improving the workforce experience.
Tom practiced family medicine for 28 years at Lakeside Family Physicians in Charlotte, earning multiple Charlotte Magazine Top Doctor recognitions. As managing partner, he helped grow the practice from five to 40 physicians across seven sites.

He earned his MD from The Ohio State University and completed his family medicine residency at Carolinas Medical Center, where he served as chief resident.

Tom is married to his wife of 31 years Felice; they have two adult children who also live in Charlotte.

Jennifer Duncan, MD

Professor, Pediatric Critical Care Medicine, and Director of Wellness for Graduate Medical Education, Washington University School of Medicine

Jennifer Duncan, MD is the Director of Well-being for Graduate Medical Education (GME) and a Professor of Pediatrics in the Division of Critical Care Medicine at Washington University School of Medicine, with over two decades of experience in medical education. In her Director of Well-being role, she oversees institution-level well-being resources and educational programming, including the Wellness Consult model presented in this session, and has developed leadership-focused well-being curricula for trainees, program directors, and faculty. Her expertise in leadership and faculty development is reflected in her service on the Faculty Council for the Association of Pediatric Program Directors' (APPD) Leadership in Academic Educator Development program. Dr. Duncan also co-directs a new Professional Fulfillment Program supporting institution-wide investment in well-being interventions, and co-directs the Supporting a Fair Environment committee, which addresses learner mistreatment. Her research interests center on drivers of distress during training, program-level interventions to improve well-being, and career development.

Diana Bishop, MA NBC-HWC, CWP

Design and Delivery Consultant IV, Regional Center for Healthy Living for Kaiser Permanente

Diana Bishop, MA, NBC-HWC, CWP is a Design and Delivery Consultant with Kaiser Permanente Southern California's Regional Center for Healthy Living and a Board-Certified Health and Wellness Coach. With more than 30 years of experience in health education, wellness, and behavior change, she develops and delivers programs that support understanding, compassion, wellbeing, and sustainable healthy lifestyles.

Diana began her career at Kaiser Permanent supporting the landmark Adverse Childhood Experiences (ACEs) Study with Dr. Vincent Felitti and has presented nationally at the Wellness Summit and HERO Healthcare Summit. Her work focuses on translating complex health concepts into practical, engaging learning experiences that empower individuals to make meaningful changes in their health and wellbeing.

Drawing on her training in drama therapy, Diana incorporates trauma sensitive experiential and sensory-rich approaches to learning that foster connection, insight, and lasting behavior change. She is dedicated to creating innovative educational experiences that help people build confidence, strengthen resilience, and build community.

Erin Litton, MA, MCHES, NBHWC

Senior Director, Well-Being Services, University of Iowa

Erin Litton, MA, MCHES, NBHWC, is an experienced leader in change management, wellness design, organizational culture, program development and implementation, system assessment, and educational instruction. She has worked in the well-being industry since 2006, and continues to find ways to engage well-being in new and different ways. As a coach and program consultant, Erin worked to develop meaningful programs to support employee health. Then, as a faculty member at the University of Iowa, she led students to inspire well-being through strategy and organizational design. Now, as the Senior Director of Well-Being at the University of Iowa, Erin applies strategy with meaningful programming to embed well-being into the culture at the University of Iowa. When Erin is not at work, she enjoys cheering her kids at their sporting events and walking her dog, Lola.

Judd Allen, PhD

President, Human Resources Institute, LLC

Dr. Allen earned his PhD in Community Psychology from New York University. He is President of the Human Resources Institute, LLC, a research, publishing, and consulting firm that focuses on creating supportive cultural environments. Dr. Allen has helped numerous government, business, and community settings achieve lasting, positive cultural change.

Dr. Allen has authored over 50 books, journal articles, training manuals, and software titles. His most recent books are Cultivating a Flourishing Society, Cultivating Connections, I Flourish, Better Together, We Flourish, 103 Challenges for Manager-Led Wellness, Leading for Purpose, Culture Change Planner, The Social Climate Toolkit, The Cultural Analysis Toolkit, A Family Guide to Wellness, Kitchen Table Talks for Wellness, Bringing Wellness Home, Wellness Leadership and Healthy Habits, Helpful Friends.

Dr. Allen directs the Healthy Culture Research and Education Foundation. Dr. Allen also serves

He has served on the National Wellness Institute's Board of Directors, as a Senior Research Analyst at Memorial Sloan-Kettering Cancer Center, on the editorial board of the American Journal of Health Promotion, and on the Vermont Governor’s Council for Physical Fitness and Sports.

Judd has completed more than 40 New York City Marathons. He lives in Burlington, Vermont, and Montreal, Quebec. For further information about Judd’s work, please visit www.healthyculture.com.

Jennifer Musick, PharmD

Vice President Clinical Strategy, Navigate Wellbeing Solutions

Dr. Jennifer "Jen" Musick, PharmD, is Vice President of Clinical Strategy at Navigate, where she helps translate clinical evidence, population health insights, and workforce data into practical wellbeing strategies for employers and healthcare organizations. With more than 20 years of experience in health coaching, population health, and care delivery innovation, she is known for bridging the gap between evidence-based care and real-world program design.

In 2004, Dr. Musick founded a coaching-focused health company and pioneered an early pharmacist-led coaching model centered on chronic condition management, medication optimization, and sustained behavior change. Following the company's acquisition by Navigate, she now leads clinical strategy focused on creating more personalized, clinically grounded approaches that improve engagement, close gaps in care, and support measurable health outcomes.

Judy Lee, PhD

Center for Research, WebMD Health Services

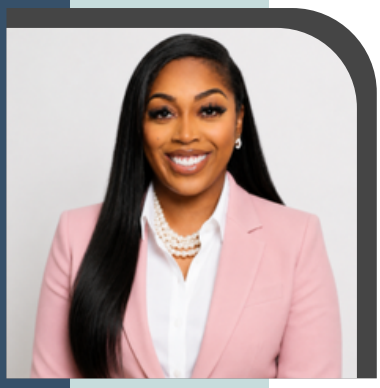
Judy Lee is the Senior People Scientist for the Center for Research at WebMD Health Services, where she focuses on translating research into practical strategies. Her passion lies in empowering both employees and organizations to create healthier and more fulfilling workplaces by blending principles of people science and organizational management theories.

With a diverse background in management consulting, research, and product management, Judy has collaborated with clients and teams across sectors such as Fortune 500 companies, tech startups, and non-profit organizations. These experiences have equipped her with expertise in addressing complex business and well-being challenges at both organizational and individual levels, leveraging mixed methods research, data analysis, and actionable insights. Her contributions have garnered recognition in the field of organizational research and have been featured in news articles.

Erin Seaverson, MPH

Senior Director, Center for Research, WebMD Health Services

Erin Seaverson is the Senior Director for the Center for Research at WebMD Health Services, steering the Center's health and well-being research agenda. She serves as a research consultant and principal investigator on strategic initiatives, program evaluation and outcomes studies. Erin has published numerous peer-reviewed scientific research studies and her work in research and reporting helps to define best practices for the industry. She serves on the Board of Directors for the Health Enhancement Research Organization. Erin earned her bachelor's degree in Exercise and Health Science from Alma College and her Master of Public Health degree in Epidemiology from the University of Massachusetts. She has also studied at the University of North London in London, England. Erin resides in Tampa, Florida with her husband, Marc, and daughter, Ruby. She has a deep love for endurance running, strength training and bread baking, finds peace in the great outdoors, and believes in giving back to her community through volunteerism.



Mereya Quintana, DHA, MPH, PMP, CIC, LSSBB, CSM, FACHDM

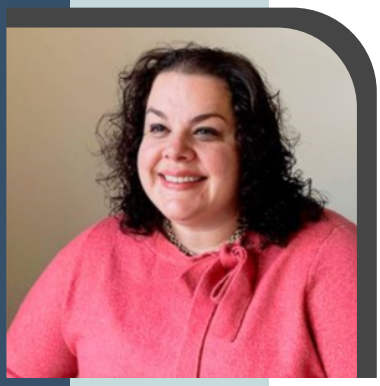
Healthcare Operations & Quality Leader

Dr. Mereya Denise Quintana is a healthcare executive, public health professional, educator, and strategic transformation leader whose work bridges healthcare operations, technology innovation, organizational performance, and workforce development. With experience spanning healthcare delivery, government-sponsored health programs, health information technology, infection prevention, and quality improvement, she brings a multidisciplinary perspective to addressing complex challenges across the healthcare landscape.

Dr. Quintana holds a Doctor of Health Administration from Morehouse School of Medicine and a Master of Public Health from Florida A&M University. Her professional credentials include Project Management Professional (PMP), Certification in Infection Control (CIC), Lean Six Sigma Black Belt (LSSBB), and Certified ScrumMaster (CSM). She has led complex healthcare initiatives involving enterprise technology implementation, operational improvement, regulatory compliance, and organizational change.

In addition to her leadership and consulting work, Dr. Quintana serves as an adjunct faculty member in graduate healthcare education and contributes to advancing the next generation of healthcare professionals. Her scholarly and professional interests include artificial intelligence, digital health transformation, health equity, organizational resilience, and the intersection of technology and human-centered leadership.

A passionate advocate for sustainable healthcare transformation, Dr. Quintana emphasizes that organizational success must be measured not only by operational outcomes, but also by the experiences, engagement, and well-being of the people responsible for delivering care. Through her work, she champions innovative, evidence-informed approaches that strengthen healthcare systems while empowering the individuals and teams within them.



Kim Fisher, CCWS

Client Success Team Lead, Healthcare Navigate Wellbeing Solution

Kim Fisher, CCWS, is a Client Success Team Lead specializing in healthcare and workplace well-being solutions at Navigate Wellbeing Solutions. She partners with employers, consultants, and brokers to design and execute strategic wellbeing programs that drive engagement, improve population health, and support organizational goals. As a trusted advisor, Kim helps clients navigate wellness strategy, program implementation, incentive design, reporting, and long-term wellbeing planning.

As a Certified Corporate Wellness Specialist (CCWS), Kim brings expertise in creating evidence-based wellbeing initiatives that foster healthier, more engaged workforces. She is passionate about helping organizations develop programs that deliver measurable outcomes while creating meaningful experiences for employees.

With extensive experience in client relationship management, wellness strategy, and employee engagement, Kim collaborates closely with stakeholders to identify opportunities for innovation, strengthen participation, and align wellbeing initiatives with broader business objectives. Known for her relationship-focused approach and commitment to client success, she excels at building strong partnerships, leading high-performing teams, and guiding organizations through program growth, renewal planning, and continuous improvement.