

2018 Indiana Health and Wellness Summit
September 6-7, 2018
The Westin Indianapolis

Thursday, September 6

7:30 a.m. – 6:00 p.m. Registration Desk Hours

7:30 a.m. Continental Breakfast

8:00 a.m. Wellness Summit Pre-show

8:15 a.m. Summit Connection Session
Welcome and Opening Comments

Jennifer Pferrer, Executive Director, Wellness Council of Indiana and Dr. Jeffrey Johnston, Chief Science Officer, Delta Dental

Prologue: The Future of Digital Health: Moving Beyond Engagement

- A brief history of the origins of digital health
- Current consumer health trends and how they're paving the way for 2019 and beyond
- Examples of successful digital health solutions in the corporate wellness space

Karen Romans, LICSW, Director of Clinical Operations & Customer Success, Fitbit Health Solutions

9:30 a.m. Hydration Break

9:45 a.m. Volume One

Chapter 1

Russian Roulette: The Dangers of Online Pharmacy

- Identify verified online pharmacies from unverified sites
- Methods of patient counseling that promote use of safe online medication sources
- Trustworthy sources for patient education related to the risks of unverified online pharmacies

Martin Allain, JD, Senior Manager, Pharmacy Verified Websites Program, National Association of Boards of Pharmacy (NABP) and Grant Lindman, Independent Advisor/Subject Matter Expert, Alliance for Safe Online Pharmacies (ASOP)

Chapter 2

Tips from the Trenches: Practical Lessons Learned From a Large and Small Employer

- What two 5-Star AchieveWELL winners learned from each other
- Practical applications whether you are trying to build the basics or grow your wellness program
- Tips for gaining buy-in from your employees and how to build a partnership with your vendors to maximize resources

Tammy Smith, RN, BSN, Director, Healthy Results, Indiana University Health and Kimberly Pearson, Director, Employee Engagement and Wellness, Steinberger Construction, Inc.

Chapter 3

Employee Wellness: What Can We Do About Tobacco Use?

- Discuss the burden tobacco use places on the state and individual businesses, including cost
- Discuss best practices to mitigate the burden of tobacco use in the workplace, including policy strategies, what employers should be asking health plans/brokers and return-on-investment potential
- Learn from an Indiana employer about its experience reducing the burden of tobacco within their business

Brian Busching, MPH, Director, Tobacco Cessation/Health Systems, Indiana State Dept. of Health Tobacco Prevention/Cessation Commission

Chapter 4

Key Learnings from the Employer Health Center Audit Trail

- Recent trends and developments in employer-sponsored health centers
- Key findings from recent health center audits regarding what is working, areas of opportunity, lessons learned and recommendations for improved performance of employer-sponsored health centers
- Key performance indicators for employer-sponsored health centers

Kara Speer, MPH, Senior Health Management Consultant, Willis Towers Watson

10:45 a.m. **Let's Move Break**

11:00 a.m. **Volume Two**

Chapter 5

Crafting a Wellness Narrative With Data

- Real-world, evidence-based examples of wellness data to demonstrate how health and wellness professionals can objectively evaluate the cost and effectiveness of health care and wellness with observable data
- Examination of data sets with a focus on a singular question to help wellness leaders develop, produce and sharpen compelling narratives that underscore the importance and effectiveness of health and wellness programs
- Examination of the right kinds of data for effective organizational communication and socialization so that wellness leaders select the most relevant criteria and data when creating a wellness narrative through data

Brian Norris, MBA RN-C FHIMSS, Vice President of Analytics, OurHealth

Chapter 6

From Then to Now: How a Walk Changed a Worksite

- How workplace wellness trends have evolved
- Current best practices to promote a healthier worksite
- One employer's story on using trends and best practices to create a healthier culture

Heather Sittler, CWWPM, Health Strategist and Maddison Bezdicek, MS, Health Strategies Team Leader, Hylant, and Tina Suozzi, Human Resources Administrator, Deister Machine Company, Inc.

Chapter 7

Mental Health First Aid

- The impact of mental well-being in society and in the workplace
- Why employers should have a plan when it comes to mental well-being
- Strategies employers can take to help reduce stigma/address mental health concerns in employees

Pam Tina, Education & Wellness Coalition

Chapter 8

The Value Pharmacists Provide to Your Health and Wellness Strategy

- How pharmacists can help individuals manage their health
- How employers have leveraged community pharmacies
- Considerations when selecting a pharmacy network

Melissa Williams, MS, CHES, Senior Strategic Account Manager, Walgreens

12:10 p.m. **Summit Connection Session**
AchieveWELL Awards Luncheon
Keynote Presentation: Do Better Work: Fostering Psychological Safety for a More Productive Team
Max Yoder, Co-Founder and CEO, Lessonly

1:30 p.m. **Break**

Chapter 9

Six-Year Journey Reaps Decline in Medical Spend

- How medical risk data analytics can assist organizational stakeholders in improved design, development and evaluation of change initiatives related to employee health
- How cost benefit analysis, organizational metrics and key performance indicators inform business decisions
- Case study of an employer that hires persons with poor health literacy and experiences high turnover yet can control cost and improve health and productivity of their population

Mary Delaney, MS PT, CWP, President, Vital Incite and Lisa Allen, MBA, CEBS, CCP, Senior Director, Total Rewards, Goodwill of Central and Southern Indiana

Chapter 10

Case Study: Canned to Customized – A Generation and Transmission Cooperative’s Wellness Story

- What employees truly want and how to transition from a “program” to an interconnected “initiative”
- Develop a well-being strategy to support your employees that appeals to their intrinsic thinking and motivation
- How culture and well-being are interrelated, and consider evidence-based programs and resources as your own initiative evolves

Megan Miller, MBA, PHR, CWPC, HR Analyst, Hoosier Energy

Chapter 11

Business Case for Wellness Programs

- Acquire practical statistics concerning the impact of wellness programming in regards to unhealthy lifestyles and medical costs, as well as your organization's safety claims
- Demonstrate best practices for successful and compliant programs
- Review return on investment in successful case studies of effective wellness programming

Linda Passmore, CEO, Complete Wellness Solutions LLC

Chapter 12

Light Beer and Baked Doritos: Am I Healthy Now?

- When “low fat” and “low carb” are neither ideal eating styles and what is the best way to teach, model and live healthful eating
- Five top “healthy” foods that really aren’t, along with five top “average” foods that really do build health – and why
- Checklist to tell if you are providing the kind of nutrition education your employees need for success

Zonya Foco, RDN, Professional Speaker, Author, Nutritionist, Zonya Health International, Inc.

2:40 p.m. Healthy Choice Break

Chapter 13

People Engaging People: Reintroducing Human Contact in a Technology-driven World

- If you manage people, it all starts with you
- The power of human engagement and why it matters
- How to design a “human” workplace now and on any budget

Kristen Campbell, CHC, Population Health Specialist, Apex Benefits

Chapter 14

Moving Beyond Health Care Costs: Unique Stories From a Business Owner and an Academic

- A unique method of combining workforce development and business practices to enhance program outcomes and wellness delivery mechanisms
- How to present data to all levels of leadership to gain funding and support
- Innovative collaborative ways of combining local workforce resources to improve the communities you serve can be fun, educational and rewarding for all

Brian Huxford, President, WellFit Inc. and Carol Kennedy-Armbruster, Ph.D., Professor, Indiana University

Chapter 15

The Impact of Drug Rebates on Your Participants and Your Plan Risk Profile

- Understanding of the rebate system economics for drug benefits
- Impact on the participant (patient) and the plan itself
- Ways to avoid or minimize the impact through negotiations and plan design structure

George Huntley, Board Member, National Diabetes Volunteer Leadership Council

Chapter 16

Balancing the Financial Needs of Family and the Future: How to Help Your Employees Prioritize

- Evaluating immediate and future financial needs and goals
- Ranking financial priorities
- Tips and tools to help with this prioritization

Todd Shickel, Vice President, Business Development, Elements Financial

3:55 p.m. Stretch Break

**4:00 p.m. Summit Connection Session
Conclusion: AchieveWELL Panel
Panelists TBA**

4:45 p.m. – 6:00 p.m. Summit Reception – Expo Preview, Grand Ballroom 1-4

Friday, September 7

6:30 a.m. Indianapolis Monumental Marathon Walk/Run

7:30 a.m. – 4:45 p.m. Registration Desk Hours

Expo Hours: 8:00 a.m. – 3:00 p.m.

8:00 a.m. Continental Breakfast

8:45 a.m. Wellness Summit Pre-show

9:00 a.m. Summit Connection Session

Preface: Ubiquitous Health: Food as Medicine

Dr. Dexter Shurney, MD, MBA, MPH, Chief Medical Officer and Senior Vice President of Clinical Affairs, Zipongo

10:00 a.m. Hydration Break/Expo Break

10:45 a.m. Volume Five

Chapter 17

Telehealth on the Cutting Edge

- Using telehealth to track success
- The key to help you achieve your cost of care goals
- How telehealth addresses health and wellness

Sharon Boose, Sales Director, LiveHealth Online - Anthem BCBS

Chapter 18

Whatever You're Thinking About Wellness, Think BIGGER!

- How to position wellness to help reach your organizational goals
- Develop a solution that can assist with things like employee value proposition and building revenue
- Hear from an organization on how they are discovering wellness to be an essential piece to the success of their organization

Christine Morris, Wellbeing and Engagement Consultant, Arthur J. Gallagher & Co. and Gretchen Smith, Vice President of Operations/Corporate Compliance and Risk, Rush Memorial Hospital

Chapter 19

People Are Like Plants – They Want to Grow

- What environmental factors foster personal growth
- How to create an environment for growth at your company
- How personal growth fosters company growth and vice versa

Tad Mitchell MBA, President and CEO, WellRight

Chapter 20

Well-being with Employee Assistance Programs (EAPs): An Employee-Focused Look at Incorporating an EAP Into Your Benefits and Well-being Approach

- Understanding the full scope of EAP services
- Strategic and financial impact on incorporating EAPs into overall benefits/well-being structure
- Personal and less “tangible” impact on employee experience and overall outcomes

Jordan Friesen, Client Executive and Mike Ripley, CEBS, CMS, GBA, Consultant, Employee Benefits, Gibson

11:45 a.m. Summit Connection Session
Network/Expo Lunch

1:45 p.m. Volume Six

Chapter 21

Back to the Wellness Future!

- Pros and cons of using incentives
- How culture and climate influence employee well-being

Nicole Fallowfield, CWP, CIC, Director of Health Risk Management, and Whitney Trent, EP-C, Health Risk Management Specialist, Gibson

Chapter 22

On-Site Clinic Development

- What essential wellness services should be offered and how employees can be encouraged to utilize the services
- Understand the critical role of employee health and wellness centers in implementing a 'culture of health' strategy
- Identifying further steps to align the clinic staff with your culture of health strategy to drive improvements in your ROI

Kayur Patel, MD, MRO, FACP, FACPE, FACHE, FACEP, Chairman, Wellness For Life

Chapter 23

Unleash the Beast: Helping Your Employees Rediscover Their Greatness

- Six building blocks of success
- How to implement those building blocks in your companies
- How to encourage and inspire employees to be their best

Mark Rucker, Speaker, Author, Attorney, The Mark D. Rucker Companies

Chapter 24

An Employer's Guide to Wellness Plan Design From a Legal Perspective

- Spotting the legal hurdles in wellness plan design
- Understanding permissible rewards and surcharges
- Take away "safe harbor" notice requirements

Stephanie Smithy, J.D., Shareholder, Ogletree Deakins

2:45 p.m. Let's Move Break

3:00 p.m. Summit Connection Session

Epilogue: Steps Employers Can Take to Address the National Opioid Public Health Crisis

- Opioid public health crisis: What is occurring, how we arrived here, the contributors and risk factors
- Increase communications and training for managers and employees to raise awareness of the health crisis
- Steps an organization can take to support staff and address the opioid crisis

Justin Phillips, MA, Founder and Executive Director and Kourtney Sturgeon, Director of Education, Overdose Lifeline, Inc.

4:00 p.m. 2018 Indiana Health and Wellness Summit Adjourns