

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 (Grand Ballroom Foyer)

7:30 a.m. Continental Breakfast (Grand Ballroom Foyer)

8:00 a.m. Wellness Summit Pre-show (Grand Ballroom 5)

8:15 a.m. Summit Connection Session (Grand Ballroom 5)  
Welcome and Opening Comments

*Jennifer Pferrer, Executive Director, Wellness Council of Indiana and Dr. Kristina Box, Indiana State Health Commissioner*

**Oral-Systemic Health**

*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 (Grand Ballroom Foyer)

9:45 a.m. Volume One

**Chapter 1**

**Russian Roulette: The Dangers of Online Pharmacy (Congress)**

- 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 (Capitol Ballroom 2)**

- 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? (Capitol Ballroom 3)**

- 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 and Angela K. Siela, Manager, Healthy Results, Indiana University Health*

### Chapter 4

#### **Key Learnings from the Employer Health Center Audit Trail (Capitol Ballroom 1)**

- 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*

### Chapter 5

#### **The Addicted Employee: Using Predictive Behavioral Analytics for Prevention and Treatment (Caucus)**

- An overview of drugs of abuse and the addiction epidemic as it affects Indiana employers
- The use of healthcare analytics to spotlight those at risk and provide coaching and counseling when necessary
- The use of a proactive approach that can both save employers' costs and employees' lives

*Robin Parsons, Chief Clinical Officer, Fairbanks and Thad Perry, PhD, Fairbanks Employer Services*

10:45 a.m.      **Let's Move Break (Capitol Ballroom Foyer)**

11:00 a.m.      **Volume Two**

### Chapter 6

#### **Crafting a Wellness Narrative With Data (Capitol Ballroom 1)**

- 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 7

#### **From Then to Now: How a Walk Changed a Worksite (Capitol Ballroom 2)**

- 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 and David Edsall, Deister Machine Company, Inc.*

### Chapter 8

#### **Mental Health First Aid (Capitol Ballroom 3)**

- 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 9

### **The Value Pharmacists Provide to Your Health and Wellness Strategy (Congress)**

- 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 (Grand Ballroom 5)**  
**AchieveWELL Awards Luncheon**  
**Keynote Presentation: Do Better Work: Fostering Psychological Safety for a More Productive Team**  
*Max Yoder, Co-Founder and CEO, Lessonly*

**1:40 p.m. Volume Three**

## Chapter 10

### **Six-Year Journey Reaps Decline in Medical Spend (Capitol Ballroom 3)**

- 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 11

### **Case Study: Canned to Customized – A Generation and Transmission Cooperative’s Wellness Story (Congress)**

- 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 12

### **Business Case for Wellness Programs (Capitol Ballroom 1)**

- 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 13

### **Light Beer and Baked Doritos: Am I Healthy Now? (Capitol Ballroom 2)**

- 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 (Capitol Ballroom Foyer)**

**Chapter 14**

**People Engaging People: Reintroducing Human Contact in a Technology-driven World (Capitol Ballroom 1)**

- 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 15**

**Moving Beyond Health Care Costs: Unique Stories From a Business Owner and an Academic (Capitol Ballroom 3)**

- 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-Armbuster, Ph.D., Professor, Indiana University*

**Chapter 16**

**The Impact of Drug Rebates on Your Participants and Your Plan Risk Profile (Congress)**

- 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 17**

**Balancing the Financial Needs of Family and the Future: How to Help Your Employees Prioritize (Capitol Ballroom 2)**

- 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 (Grand Ballroom Foyer)**

**4:00 p.m. Summit Connection Session (Grand Ballroom 5)**

**Conclusion: AchieveWELL Panel**

*Panelists: Alyssa Staley, Human Resources Director, Indiana Toll Road (ITR Concession Co.); Sharon Calahan, Director of HR, Bremen Castings, Inc.; and Lisa Day, Benefits and Wellness Specialist, Kimball International. Moderator: Christina Stafford, Program Coordinator, Indiana Wellness Council*

**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 (Westin Lobby)

7:30 a.m. – 4:45 p.m. Registration Desk Hours (Grand Ballroom Foyer)

Expo Hours: 8:00 a.m. – 3:00 p.m. (Grand Ballroom 1-4)

8:00 a.m. Continental Breakfast (Grand Ballroom 1-4)

8:45 a.m. Wellness Summit Pre-show (Grand Ballroom 5)

9:00 a.m. Summit Connection Session (Grand Ballroom 5)

**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 (Grand Ballroom 1-4)

10:45 a.m. Volume Five

### Chapter 18

#### **Telehealth on the Cutting Edge (Congress)**

- 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 19

#### **Whatever You're Thinking About Wellness, Think BIGGER! (Capitol Ballroom 2)**

- 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 Engagment Consultant, Arthur J. Gallagher & Co. and Gretchen Smith, Vice President of Operations/Corporate Compliance and Risk and Erin Luellen, Rush Memorial Hospital*

### Chapter 20

#### **People Are Like Plants – They Want to Grow (Capitol Ballroom 1)**

- 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 21

#### **Well-being with Employee Assistance Programs (EAPs): An Employee-Focused Look at Incorporating an EAP Into Your Benefits and Well-being Approach (Capitol Ballroom 3)**

- 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 (Grand Ballroom 5)  
Network/Expo Lunch

**Chapter 22**

**Back to the Wellness Future! (Capitol Ballroom 3)**

- 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 23**

**On-Site Clinic Development (Congress)**

- 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 24**

**Unleash the Beast: Helping Your Employees Rediscover Their Greatness (Capitol Ballroom 2)**

- 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 25**

**An Employer's Guide to Wellness Plan Design From a Legal Perspective (Capitol Ballroom 1)**

- 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 (Grand Ballroom 1-4)**

3:00 p.m. **Summit Connection Session (Grand Ballroom 5)**

**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**