**CONFERENCE AGENDA**

**MONDAY, SEPTEMBER 24 – EARLY REGISTRATION**

5:00 PM-7:00 PM

**Employer-only Early Registration**

Ellington Pre-function

**TUESDAY, SEPTEMBER 25 – EMPLOYER-ONLY DAY**

6:30 AM-7:30 AM

**Fitness Session** sponsored by Rally Health

*Terrace Patio*

*Give your workout the star treatment, with celebrity trainer Boss Everline*

Find out how fun and easy forming healthy habits can be, with help from Rally! Join Ron “Boss” Everline (personal trainer to actor and Rally Health Ambassador Kevin Hart) for an energizing workout on the Terrace Patio. Boss will lead you through a series of simple exercises you can do anytime, anywhere to live a healthier life.

7:00 AM-7:30 PM

**Registration**

Ellington Pre-function

**Mother’s Room** sponsored by Ovia Health

*Office 2*

Ovia Health's Mother's Room is a private, quiet and peaceful space for mothers needing to pump or nurse while at the conference. The room is equipped with a comfortable chair, electrical outlets, a refrigerator, small table and is near a restroom. Ovia Health is proud to sponsor NBGH's Mother's Room, supporting you as your family grows -- and your career does too.

8:00 AM-8:30 AM

**Breakfast** sponsored by Grokker

*Mercer Pre-function*

Open to all Employer-Only Day attendees

**Institute Breakfast**

*Overlook East*

Open to Well-being & Workforce Strategy Institute Members
8:30 AM-10:45 AM

**Institute Meeting**
Overlook East
Open to Well-being & Workforce Strategy Institute Members

8:30 AM-9:30 AM

**Employer Benchmarking Sessions**
Choose one of the following interactive, peer-to-peer sessions

1. **Ending the Mental Health Stigma for a Global Workforce**
   Overlook West
   How can we fight stigma and discrimination related to mental health disorders in a global context? Join this discussion to explore global anti-stigma campaigns, peer training programs and good practices to break the silence and end the stigma. Participants will share what has worked well around the world or in particular geographies, the role of senior leadership buy-in and communication strategies, such as storytelling.

2. **Building a Thriving Wellness Champions Network**
   Mercer
   Wellness champions have the potential to take employee engagement to the next level. But how do you build a thriving network that promotes a culture of health? Join this session to talk about what you are doing to grow and support your wellness champion network. Participants will share recruitment strategies, roles and responsibilities, communication tactics, and what they consider success.

3. **The Convenience Factor: Leveraging On-Site Services to Promote Health**
   Piedmont
   Among the most valuable assets employers can leverage to improve employee well-being is on-site strategy. From clinics to fitness centers to coaching and counseling, employers will discuss the services they offer, promotion strategies, utilization, and how they measure effectiveness.

4. **Digital Solutions for Managing Chronic Conditions**
   Dunwoody
   To engage employees with chronic conditions like diabetes, obesity, hypertension and musculoskeletal disorders, many employers are turning to digital solutions that put health management in the palm of their hands. Join this session to hear the impact these programs are having on employee health. Employers in this session will share their experiences rolling out digital solutions, including implementation successes and challenges, user satisfaction, clinical results and cost.

9:45 AM-10:45 AM

**Expert-Led Workshops**
Workshops are hands-on learning sessions

1. **Turn Up Employee Engagement by Tuning into the Drivers of Psychological Safety**
   Mercer Ballroom
   Engaging employees in their health and well-being is one of the most difficult tasks employers undertake. Much of this difficulty stems from the fact that engagement only happens when employees feel personally motivated to act. So what drives employee motivation and how can employers leverage it to enact change? The secret lies in psychological safety. Workshop attendees will learn about the drivers of psychological safety and how they can be used to tap into employee motivation and ultimately turn up employee engagement.

   Janice Burnham, CEO and Founder, ROC Group
   Amy Finsand, Managing Director, ROC Group
Starts with a Strategic Approach

Paid parental and caregiver leave is grabbing headlines across the nation, but how do you know it’s a good investment for your company? This workshop will teach employers to evaluate the value of paid family leave and build a tactical, comprehensive leave program that targets business objectives. Participants will learn through real-world employer examples and take away strategies to convince decision-makers of the strategic value of leave.

Laura Thompson, VP of National Absence Management Practice, Aon
Janis Moebus, VP of National Absence Management Practice, Aon

3. Advancing Your Well-being Game Plan with Design Thinking

Have you ever thought about how you might redesign the employee experience with well-being programs to increase utilization, satisfaction and even results? Designing thinking can be a powerful approach for improving engagement by putting employees and their needs at the center of the design process. This workshop will teach the principles of design thinking and then get participants on their feet for a fast-paced activity that will enable employers to put these ideas into action.

Lori Block, Principal, Engagement, Buck
Betsy Woods Brooks, Principal, Engagement, Buck

10:45 AM-11:00 AM
Networking Refreshment Break sponsored by Livongo

11:00 AM-12:00 PM
NBG H Welcome

Opening Headliner
The Future of Work, Life and Health

Significant change is afoot that will impact the intersection of work, life and health. Technological advances, demographic shifts and empowered employees (and consumers) are reshaping the workscape. Looking ahead, what does the relationship between workers and companies look like, how will today’s health, well-being and leave management strategies be impacted? This session combines provocative foresight – grounded in changes evident today – with interactive consideration of implications for large employers.

12:00 PM-1:15 PM
Networking Lunch sponsored by meQuilibrium
Buffet set in Mercer Pre-function
1:30 PM-2:30 PM

**Breakout Sessions 1**

A. **Live Your Best Life: Aetna’s Emotional Health Strategy**

The goal of Aetna’s well-being strategy is to help employees achieve their best possible life. To meet this goal, the 13-time Best Employer for Healthy Lifestyles award-winner focuses on six dimensions of well-being, including supporting employees’ emotional health. Join this breakout for an inside look at the tools Aetna gives employees to manage difficult emotions, how the company nurtures mental health and ways it provides a path towards life satisfaction.

Kay Mooney, VP, Workforce Well-being and Inclusion, Aetna
Amy Kruse, Lead Benefits Consultant, Aetna

B. **Taking Care of Caregivers: Forward-thinking Companies Focus on Work and Family**

More than 1 in 6 U.S. employees have caregiving responsibilities and that number is on the rise. Employers cannot afford to ignore the effect of caregiving on employee health, productivity and engagement. Speakers on this panel will discuss the initiatives they have in place to create a supportive and flexible work environment that allows employees to successfully juggle two jobs: caring for their loved ones and being their best at work.

Moderator: Janis Davis-Street, Associate Manager, Health and Productivity, Chevron
Ann Marie Kelly, Senior Manager, Benefits, The Home Depot
Audrey Adelson, Work-Life Consultant, Emory University
Pam Hannon, Senior Director, Benefits Practice Center, Abbott Laboratories

C. **What Do the Best Do Better? Lessons from Best Employers for Healthy Lifestyles® Winners**

The Best Employers for Healthy Lifestyles® and Global Distinction award programs recognize companies for their innovative and comprehensive approaches to employee and family well-being. Two winning companies will discuss the keys to their success, how they’ve overcome challenges and roadblocks, and their advice to other large and multinational employers.

2018 BEHL Platinum Winner and Global Distinction Winner
Moderator: Joneyse Gatling, Manager, Award & Recognition Programs, National Business Group on Health®

D. **Beyond Minimum Wage: Designing Benefit Strategies that Incorporate the Needs of Low-Income Workers**

Nearly 30% of adults in the civilian workforce with employer-sponsored insurance earn less than $30,000 a year. This session will put a spotlight on low-income employees and the unique set of challenges they face. Speakers will delve into the consequences of financial insecurity and offer concrete ways employers can support low-income employees, drawing on the experiences of Atrium Health and Lowe’s.

Brandi Newman, Assistant Vice President of Human Resources, Atrium Health
Gregor Teusch, Vice President of Total Rewards, Lowe’s Companies
Bruce Sherman, M.D., Clinical Faculty, Case Western Reserve University School of Medicine

2:30 PM-2:45 PM

**Networking Refreshment Break** sponsored by Livongo

Outside of Breakouts
**Breakout Sessions 2**

**A. The Future of Mental Health at Work: High Tech & High Touch**

Times are changing and so are workplace mental health initiatives. Today’s businesses aim to strike a balance between humanity and technology when addressing mental health and emotional well-being at work. In this session, three companies will discuss the unique blend of tech and human solutions they use to provide mental health services, address the associated stigma, and increase utilization and engagement for programs that change employees’ lives.

*Jae Kullar,* Manager – Health & Well-being, *Delta Air Lines*
*Julie Krause,* Benefits Manager, *Microsoft*
*Donna Sexton,* Director Employee Benefits, *Costco Wholesale*

**B. Promoting a Global Culture of Health**

There’s growing interest among multinational corporations to make health an integral part of company culture. Creating a culture of health outside of the U.S. requires a thoughtful and well-organized approach that addresses cultural and geographic challenges. In this session, multinational companies will describe aspects of their well-being program that have made a significant impact on their culture of health, including the specific steps they took to develop and roll-out these programs. Speakers will also offer recommendations for other large companies wanting to develop a culture of health.

*Alberto Acosta,* M.D. Ph.D., Executive Director, Medical Services, *Ingersoll Rand Company*
*Deborah Gorhan,* Global Planning and Governance Lead, *Johnson & Johnson*
*David Roomes,* M.D., Chief Medical Officer and Director, Health, Safety, Sustainability & Environment, *Rolls-Royce*

**C. What’s Working Now? Scaling Successes in Weight Management**

Obesity rates have reached an all-time high in the U.S., leading employers to double-down on their efforts to help employees manage their weight. From on-site, multi-disciplinary initiatives to digital apps, employers are deploying multi-pronged weight management strategies that provide employees with high-touch guidance on achieving a healthy weight. This session will delve into the weight management strategies of three companies that are achieving success. Each will describe the programs and benefits they have in place, outcomes to date, and future plans to scale their strategy.

*Moderator: Jake Flaitz,* Director, Benefits, *Paychex, Inc.*
*Tara Sherman,* Well Being Strategy Leader, *The Boeing Company*
*Julianne Guzik,* VP, Well-being Benefits Consultant, *Wells Fargo*

**D. The Work-Family Transformation: Integrating Benefits to Win Talent**

The best places to work embrace inclusive, high-quality family benefits, and with good reason. Supporting working parents gives companies a competitive advantage in attracting and retaining top talent, advancing gender equality, managing health care costs and boosting performance. Hear how employers are ensuring the best experience for working moms and dads while maximizing business performance.

*Moderator: Erik Sossa,* Vice President, Global Benefits and Wellness, *PepsiCo, Inc.*
*Tammy Yee,* Vice President of Benefits & Mobility, *American Express*
*Emma Tapscott,* Manager, Worldwide Wellness – Health at Cerner, *Cerner Corporation*
*Christine Miller,* Partner, *EY*
4:00 PM-4:20 PM

**Relax Your Way**

Join us for 20 minutes of mindful relaxation exercises in our Relax Your Way mindful relaxation rooms. Each relaxation room will feature a unique experience supported, designed and led by the industry’s top experts in resilience and well-being. You can also visit relaxation rooms throughout the day. Relaxation rooms open to visitors starting at 1 pm.

**A. Staywell’s Meditation Station**

Escape the chaos of the conference- A VR guided meditation experience is a few steps away. Visit StayWell’s Meditation Station and retreat to another dimension to relax & calm your mind. Leave the Meditation Station with your own VR headset and instructions for meditating on your own.

**B. Recharge with Redbrick and Virgin Pulse**

Busy first day or feeling jet lagged? Relax and return to some inner calm with a guided centering experience combining mindfulness and meditation with Virgin Pulse + RedBrick Health health coach Patricia Haarman. All ability and interest levels are welcome.

**C. eMindful Relaxation Room**

We’re always "on", wearing our badges of busy-ness with pride — especially at conferences. Take a brain break! Come learn a practical mindfulness skill to quiet the excess noise and discover how the signal of your purposeful intentions and desired performance can become clear. All session participants will get rewards to bring home and a chance at the end of the session to win one of several wellness prizes.

4:30 PM-5:15 PM

**Mind Stretch**

Mind Stretch presentations are short and provocative talks that are intended to introduce new topics relevant to employers’ well-being strategies or provide fresh perspectives on familiar topics.

1. **Why Best Friends at Work are Important to the Bottom Line**

   Having strong social bonds with coworkers can have a big impact on our health, happiness and productivity. Yet, many employees don’t have a best friend at work and most say their employer doesn’t facilitate personal friendships. Hear how improving workplace connections can benefit your business and learn novel ways employers can facilitate a more connected workforce.

   Ashley Whillans, Ph.D., Assistant Professor of Business Administration, Harvard Business School

2. **Well-Being in the C-Suite: George Mason University’s Vision to Grow 1,000 Chief Well-Being Officers**

   Well-Being affects every organization’s bottom-line and must be embedded in its DNA. To maximize this effort, the person charged with leading an organization’s well-being must have a seat in the c-suite. Learn about George Mason University’s Center innovative initiative to grow 1,000 Chief Well-Being Officers by 2025.

   Penny Potter, Ph.D., Director of Executive Leadership Education, Center for the Advancement of Well-Being, George Mason University

3. **Re-Thinking Our Approach to Pain in Pursuit of Well-being**

   From acute strains and sprains to chronic low back pain, movement-related discomfort negatively affects our well-being and productivity at work. But it doesn’t have to be this way. Learn why
musculoskeletal pain is so pervasive, and hear big ideas on how to stay ahead of pain, as well as help employees manage it appropriately without pills.

Mike Eisenhart, Senior Partner, ProActivity; Consulting Physical Therapist

5:30 PM-6:15 PM

**Best Employers for Healthy Lifestyles® (BEHL) Pictures**

Ellington Pre-function

5:30 PM-6:30PM

**Sip and See Employer Cocktail Hour**

sponsored by WebMD Health Services

5:30 PM-6:30Pm

Discovery Hall

Doors will open for the Discovery Hall opening reception at 5:15 PM

5:30 PM-8:00 PM

**BEHL Dinner**

Mercer Ballroom

---

**WEDNESDAY, SEPTEMBER 26**

6:30 AM-7:30 AM

**Fitness Session** sponsored by Fitbit Health Solutions

Rise and Shine: Fitbit Workout

Get ready to sweat! Fitbit’s very own Toni De La Torre will lead a fun and lively workout. This one-hour session will be full of stretching, cardio, good music and of course, steps. As an added bonus, all participants will be entered into a raffle for a chance to win a new Fitbit device. All levels are welcome and encouraged – from beginner to advanced, you’ll fit right in!

7:00 AM-5:45 PM

**Registration**

Mother’s Room sponsored by Ovia Health

Ellington Pre-function

Office 2

7:30 AM-8:45 AM

**Breakfast & Discovery Hall Exploration**

Breakfast sponsored by Grokker

Discovery Hall

(Ellington Ballroom)

9:00 AM-9:10 AM

**President’s Welcome**

President Marcotte, President and CEO, National Business Group on Health

Mercer Ballroom
9:10 AM-10:10 AM

Morning Headliner
The Value of Employee Well-being

What’s the business value of a strategy that succeeds in maintaining high levels of employee well-being? Hear the answer first-hand from an Oxford- and MIT-trained corporate finance expert, specializing in corporate governance, corporate social responsibility, and executive compensation. A Professor of Finance at London Business School who has spoken at the World Economic Forum in Davos, Dr. Edmans will discuss rigorous, large-scale evidence that employee well-being is central to business success and that it’s a profit centre, not just a cost-center. He’ll share case studies of companies that successfully prioritized employee well-being and will leave the audience with tips on making it real: putting well-being into practice and translating it from a vision into reality.

10:20 AM-11:20 AM

Breakout Sessions 3

A. Making Well-being a Business Imperative at T-Mobile and JetBlue

As recognition grows that employee health and well-being influences business performance, leading employers are positioning their initiatives as essential to organizational success. This session will take an in-depth look at two Fortune 500 companies who have developed a well-being strategy that’s integral to their company’s business strategy. Learn about T-Mobile and JetBlue’s current well-being initiatives, how they measure the impact, and leadership and stakeholder perceptions of the program’s value.

Kristen Brown, Director, Benefits, JetBlue Airways
Tina Marshall, Sr. Director, Employee Total Rewards, T-Mobile
Seth Serxner, Ph.D., Chief Health Officer, Optum

B. Reaching across the Aisle to Build Resilient People and Agile Teams

While all employers vie for talented employees with relevant work experience, new evidence suggests these attributes may not be enough to predict high performance. What matters even more is how well employees are able to return to high performance after a setback. The good news for employers is they can cultivate resilient people and agile teams…and leading employers are. This session will bring together executives with responsibilities across HR to discuss their unique perspectives on the importance of implementing a multi-pronged emotional well-being strategy, and how they work across the business to do so.

Lilly Wyttenbach, Managing Director, Global Wellness Manager, JPMorgan Chase & Co.
Blake Carter, Senior Director, Change Management & Org Design COEs, PepsiCo, Inc.
Jan Thaw Bruce, CEO & Co-founder, meQuilibrium

C. What’s Working Well? Findings from a Global Survey of Workforce Well-being Strategies

Employers know that for employees to work well, they need to live well. So what programs and benefits are multinational companies deploying to help employees live their best life? Hear hot off the press insights on trends in employer-sponsored health and well-being programs from Working Well: A Global Survey of Workforce Well-being Strategies. In addition to unveiling new global data,
this session will feature an employer reactor who will bring the numbers to life by sharing examples from her own company.

Yongchil Ly, Program Manager, Institutional Benefits, The World Bank Group
Ruth Hunt, Principal, Engagement and Communications, Buck

11:20 AM-11:35 AM
**Networking Refreshment Break** sponsored by Livongo

11:35 AM-12:45 PM
**General Session**

*Under the Covers with Engagement Platforms: Exploring Current Capabilities and the Future State*

Imagine a world where employees find everything they need related to their health and well-being journey on a single, personalized platform. Also imagine this end-to-end solution proactively delivering health and well-being information, recommendations and reminders suited to individual needs and goals. And because this platform makes access to health and well-being benefits and programs easy and intuitive, employees and their families engage early and often. Leading engagement platforms hold the promise to make this dream real, but when can we expect it to materialize? This session will explore the current and future capabilities of existing platforms with product development experts from Castlight, Evive, Rally and Sharecare. Answering questions from National Business Group on Health employer members, each company will share what’s going well, current limitations and challenges, and data and technology needs to reach the dream state.

Maeve O’Meara, Chief Product Officer, Castlight Health
Rhett Woods, Chief Creative Officer and Co-Head of Product, Rally Health
Lenny Fayard, Vice President of Product Strategy and Development, Evive
Toni Pashley, Senior Vice President of Product, Sharecare

12:45 PM-2:00 PM
**Discovery Hall Exploration & Networking Lunch**

Lunch sponsored by meQuilibirum

2:00 PM-3:00 PM
**Breakout Sessions 4**

A. **Creating a Unified Well-being Benefit Strategy to Enhance Employee Engagement and Business Performance**

Executed wrong, well-being programs can come across as fragmented, inauthentic and something done to employees rather than for them. Done right, they can change lives. This session will showcase the integrated well-being benefit strategies of four diverse companies. Learn practical tips to design well-being initiatives with broad, cross-generational appeal, make use of smart incentives, and ultimately improve the employee experience at work.

Tammie Hansen, Manager, Total Rewards, Benefits & Well-Being, Trinity Health
Anna Henderson, VP, Physical Well-Being Lead, Human Resources, SunTrust Bank
David Shepperly, Head of Employee Health and Fitness, Bristol-Myers Squibb
Farrah Spellman, System Benefits Wellness Program Manager, University System of Georgia
Kurt Cegielski, Founder and Senior Vice President Client Success, Virgin Pulse + RedBrick Health
B. Innovative Approaches to Engage Employees on Mental Health

Mental health has become a key priority for most employers and many are deploying a range of approaches that reduce stigma and provide easier access to support and care. Hear from three companies that are taking various innovative approaches to engaging their employees on the topic of mental health. Panelists will share the details of their mental health strategy and discuss their plans to continually improve their mental health initiatives.

Tanya Benenson, M.D., Chief Medical Officer, Comcast
Judy Gordon, Wellness Director, The Hartford
Lauren Whitt, Ph.D., Wellness Program Manager, Google

Moderator: Dickon Waterfield, Chief Commercial Officer, Big Health

C. Engaging the C-Suite by Connecting Well-being to Business Metrics

Compelling data showing the value of employee well-being is the way to win the hearts and minds of many a C-Suite. This session will focus on the methods two companies used to design and capture their organization’s well-being program success in a way that aligns with known leadership goals. Presenters will discuss the challenge of engaging various stakeholders and developing meaningful well-being metrics that resonate with distinct C-Suite audiences.

Virginia Peddicord, Global Employee Population Health, Merck
Kristin Parker, Total Health Management Specialty Practice, Mercer

3:00 PM-4:00 PM
Networking Break and Discovery Hall Exploration
Break and Refreshment Stations sponsored by Livongo

3:00 PM-3:20 PM
Relax Your Way

Choose the afternoon activity of your choice. Options include visiting the interactive displays in the Discovery Hall and spending 20 minutes in a mindful relaxation exercise led by experts in our Relax Your Way mindful relaxation rooms. Each relaxation room will feature a unique experience supported, designed and led by the industry’s top experts in resilience and well-being. Curious about what each company has to offer? You can visit the relaxation rooms throughout the day.

A. Staywell’s Meditation Station
Escape the chaos of the conference- A VR guided meditation experience is a few steps away. Visit StayWell’s Meditation Station and retreat to another dimension to relax & calm your mind. Leave the Meditation Station with your own VR headset and instructions for meditating on your own.

B. Recharge with Redbrick and Virgin Pulse
Re-energize your body and mind—anytime, anywhere. Learn simple techniques you can do at your desk for finding focus and recharging for your day with Virgin Pulse+ RedBrick Health health coach Patricia Haarman. All ability and interest levels are welcome.

C. eMindful Relaxation Room
We’re always "on", wearing our badges of busy-ness with pride — especially at conferences. Take a brain break! Come learn a practical mindfulness skill to quiet the excess noise and discover how the signal of your purposeful intentions and desired performance can become clear. All session participants will get rewards to bring home and a chance at the end of the session to win one of several wellness prizes.
4:10 PM-5:10 PM

**Innovations Sessions**

**A. Pilot Results - Employer Experiences with Novel Offerings**
Overlook West
Hear pilot results from innovative technology solutions employers are using to update benefit offerings and engage employees in new ways.

Grady Arnold, *Director of Benefits, Vail Resorts* (Speaking about Hinge Health)
Milt Ezzard, *VP Global Benefits, Activision Blizzard* (Speaking about Joyable)

**B. A Look to the Future - Emerging Innovations for Better Health and Well-being**
Mercer Ballroom
Join this session to hear from the founders of three young companies with solutions that seek to change existing paradigms for health and well-being benefits.

Katherine Ryder, *Founder & CEO, Maven*
Grant Gordon, *Co-Founder & CEO, Artemis Health*
Ofer Leidner, *President & Co-founder, Happify*

5:30 PM-7:00 PM

**Welcome to Atlanta Networking Reception**
Greystone Building, Piedmont Park
sponsored by Kaiser Permanente
Join Kaiser Permanente and the Business Group for the largest networking event of the conference – an evening reception full of food, drinks and entertainment. The Welcome to Atlanta Reception will take place at the Greystone Building in Piedmont Park which is located a short distance from the Loews Atlanta hotel. Walking groups will leave from the hotel lobby around 5:15 pm.

---

**THURSDAY, SEPTEMBER 27**

6:30 AM-7:30 AM

**Fitness Session**
Terrace Patio
*Sunrise Sweat with Zumba*
Sunrise Sweat with Zumba features a Zumba workout designed to put fun into fitness. This session is great for all fitness levels and will have you dancing toward the end of the conference on a healthy, high note.

7:00 AM-11:00 AM

**Registration**
Ellington Pre-function
*Mother's Room* sponsored by Ovia Health
Office 2

7:30 AM-8:45 AM

**Breakfast & Discovery Hall Exploration**
Discovery Hall
*(Ellington Ballroom)*

8:55 AM-9:50 AM

**General Session**
Mercer Ballroom
*New Rules Apply: How Popular Culture, Implicit Bias and Scientific Evidence are Shaping the Weight of the Nation*
Forget what you think you know about overweight and obesity. New data and research are upending traditional thinking about weight and weight loss and informing new approaches to address the escalating obesity epidemic. This panel features three thought-provoking experts who will share trending consumer
insights paired with behavioral and clinical research findings. We will explore employee perceptions of weight management initiatives and communications, and what types of support resonate. We’ll ask how pervasive weight bias is in America, and why we should care. All of this in the context of relevant behavioral, clinical and emerging research that suggests we continue to miss major opportunities to reduce obesity and its harms.

Allison Grupski, Ph.D., Director, Behavioral Change, Weight Watchers International
Joe Nadglowski, President & CEO, Obesity Action Coalition
Christine Kessler, MN, FAANP, Clinical Consultant and Founder, Metabolic Medicine Associates

9:55 AM-10:55 AM
General Session
Next-Level Insights: How Employers Use Data to Tailor Health and Well-being Solutions - and Build Healthier Communities
Jake Flaitz, Director, Benefits, Paychex, Inc.
Jennifer Kuca Lavoie, Director Employee Wellness, Worklife & Fitness, Piedmont Healthcare
Mark Talluto, Vice President, Strategy and Analytics, Blue Cross Blue Shield Association

10:55 AM -11:05 AM
Refreshment Break
Mercer Pre-function

11:05 AM-12:05 PM
Closing Keynote
The Wrap: Bringing it all Together to Improve your Company’s Performance the Well-being Way

The value of a conference lies in the onsite experience, relationships cultivated and, especially, new insights and perspectives. Don’t we all want the most powerful learnings and action steps from the 2 1/2 days curated for us? There’s no one better suited to make the learning come alive than this year’s closing keynote. Tim State is a senior HR executive, a recognized thought leader in well-being and engagement, and an active contributor to several organizations committed to increasing the health and well-being of employees, families and communities. You won’t want to miss Tim synthesize the key conference takeaways, illustrated with fresh, real-world examples from Humana’s experience as a multi-year Platinum Best Employer winner and #2 rank in Fortune magazine’s 2018 listing of the World’s Best and Most Admired Companies in its industry.

12:05 PM
Boxed Lunch