



14TH ANNUAL OHIO

*Employee
Health &
Wellness*
CONFERENCE

Workshop B

Wellness Programming – **How to Deal with Employee Anxiety, Angst, and Substance Use, Abuse and Addiction in the Workplace ... Insights into Employee Wellbeing from a Mental Health Perspective**

9:45 a.m. to 11:00 a.m.



Kathleen Herath

Associate Vice President, Associate Wellbeing and Safety



Kathleen Herath oversees Nationwide's Wellbeing and Safety activities for its 30,000 associates across the country. In this role, she is responsible for developing the company's Integrated Health and Productivity strategy, Occupational Health Services and on-site clinics, Substance Free Workplace, and Associate Safety.

She has 35 years of professional experience in the health care industry. The My Health program at Nationwide has been awarded numerous honors including the IBI Health Innovation Award, the American Heart Association's Platinum Fit Friendly Employer Award and the prestigious C. Everett Koop National Health Award. In 2014, Nationwide was the first company in the country to receive the US Healthiest Health Lead Gold Medal for improving health outcomes. In 2018, the program won both Top Training Magazine's Best Practice Award and Optum Health's Spirit of Innovation Award.

Kathleen has become a frequently requested speaker within the health and productivity industry and has spoken at numerous conferences and seminars on various industry-related topics. She is active in community and national non-profit organizations including Ronald McDonald House Board of Directors and the Great Rivers Strategy Committee for the America Heart Association. She is a past Board Member and President for Equitas Health.

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About Nationwide

Nationwide, a Fortune 100 company based in Columbus, Ohio, is one of the largest and strongest diversified insurance and financial services organizations in the U.S. and is rated A+ by both A.M. Best and Standard & Poor's. The company provides a full range of insurance and financial services, including auto, commercial, homeowners, farm and life insurance; public and private sector retirement plans, annuities and mutual funds; banking and mortgages; excess & surplus, specialty and surety; pet, motorcycle and boat insurance. For more information, visit www.nationwide.com



Nationwide[®]
is on your side

How to Deal with Employee Anxiety, Angst and Substance Use,
Abuse and Addiction in the Workplace....

Insights into Employee Wellbeing from a Mental Health Perspective

August 20, 2019

Nationwide Who We Are

Nationwide's products offer security at every stage



Starting a family

Financial security for what's most important.

- Life
- Auto
- Homeowners



Protecting your home

We know it's also where your heart is.

- Homeowners
- Renters
- Condo
- Personal liability/umbrella



Planning for retirement

You've worked hard to get here, and now you're ready to enjoy it.

- Annuities
- Mutual funds
- Retirement plans



Caring for your new ride

From your first set of wheels to your minivan, we've got you covered.

- Private passenger vehicles
- Commercial vehicles
- Classic cars
- Sport vehicles



Building your business

We know what it takes to run your own business.

- Commercial
- Farm and ranch
- Commercial agribusiness
- Corporate life
- Retirement plans
- Excess and surplus



Being adventurous

For all those "toys" that make life fun.

- Recreational vehicles
- Boats
- Sport vehicles
- Motorcycles
- Snowmobiles
- Travel



Welcoming your pet

Protection for your two- or four-legged companions.

- Dogs
- Cats
- Birds and exotic pets

For the full report, visit nationwide.com/annualreport

#1 in 457 retirement plans

PLANSPONSOR, 2018 Recordkeeping Survey. Based on number of plans.

#1 pet insurer

North American Pet Health Insurance Assn., 2017

#1 writer of corporate life insurance

IBIS Associates, Inc., February 2018

#1 writer of farms and ranches

A.M. Best, 2017 Direct Written Premium (DWP)

2nd largest domestic specialty commercial lines insurer

A.M. Best, 2017 DWP

7th largest homeowners insurer

A.M. Best, 2017 DWP

7th largest writer of variable annuities

Morningstar, YE 2017. Based on total flows.

8th largest commercial insurer

A.M. Best, 2017 DWP

8th largest life insurer

LIMRA, YE 2017. Based on total premiums.

8th largest auto insurer

A.M. Best, 2017 DWP

9th largest provider of defined contribution retirement plans

PLANSPONSOR, 2018 Recordkeeping Survey. Based on number of plans.



What we are Discussing Today

Wellbeing Program Overview

Leader Resources

Total Brain

ONE | ONE-MINUTE MINDFULNESS

Ohio Communities are in Crisis

Substance Use Response Plan

Mindfulness in a Minute

Mindfulness to Emotional Wellbeing

Substance Use Resources

Edutainment

Emotional Wellbeing: In Crisis

Community Activation

The screenshot shows the myPLACE website's 'Emotional Wellbeing' section. On the left is a navigation menu with options like 'myPLACE Lobby', 'myPLACE Directory', 'Content Search', 'Favorites', 'Nationwide Links', 'Submit a Question', 'Technical Help', 'My Profile', and 'Log Out'. The main content area is titled 'Emotional Wellbeing' and features a grid of buttons for various services: 'Wellness 101', 'My Health Program Info', 'My Health Center App', 'Emotional Wellbeing', 'Parenting Resources', 'Time to Exercise', 'Engagement', 'Counseling & Community', 'Find Your Home', 'Wellness Webinars', and 'Award-Winning at Nationwide'. Below this grid are two columns of buttons: 'Healthy' (Mindfulness Assessment, Mindfulness Resources, Brain Training, Wellbeing Webinars, Compassion Services) and 'In Crisis' (Help with a Specific Need, Immediate Assistance, Peer Support Program, Grief and Loss, Parenting Resources, Leader Resources, Schedule an Appointment). A 'Grief & Loss' section is also visible at the bottom.

The screenshot shows a video player with the title 'Leader Content - Recognizing'. The video features a woman with long blonde hair sitting at a desk with a microphone, appearing to be in a recording or broadcast session.



Presentation to Be Shared at Conference

- Wellbeing Program Overview
- Wellness to Wellbeing
- Wellbeing Resources
- Mindfulness to Emotional Wellbeing
- Emotional Wellbeing: Healthy
- Emotional Wellbeing: In Need
- Emotional Wellbeing: In Crisis
- Leader Resources
- Breaking the Stigma
- Calculate the Costs
- Substance Use Resources
- Substance Use Response Plan
- Building Roadmaps
- Using Data to Drive Direction
- 2019 Monthly Themes
- 2019 Messaging
- Wellbeing & Safety Roadmaps
- Employer Strategies
- Key Stats Informed Campaign Direction
- Awareness Versus Concern
- Ohio Opioid Education Alliance

Healthy Me to Healthy All

Special Rewards For You Brought to you by Nationwide

Donation

Feeding America

Donations Goal
★ \$10000.00

Coins Goal
★ 5000000

[View Details](#)



Total Brain



[Assessment](#) [Brain Training](#) [About You](#) [Logout](#)

Got a few minutes? Please take our survey.

[Take Survey](#) [Dismiss](#)

Train Your Brain Habits.

Just a few minutes a day is all it takes to make a real change to your brain habits.



Select a Journey



Reduce Stress and Stay Calm

Reduce your stress through breathing and mindfulness techniques.



Become More Resilient

Learn how to better recover from setbacks and thrive.



Achieve Sharp Focus

Increase your focus and learn to ignore distractions.



Improve Your Memory

Improve your memory through science-backed games and exercises.



Increase Your Positivity

Improve your mood and outlook by re-balancing your positivity/negativity bias.

On Demand Training



Ohio Communities are in Crisis



70%
of children in
custody under
the age of one
have opiate-
involved parents



5,000+
12-17 year olds
used prescription medication
for non-medical use



20%
INCREASE
in dispatches for
an emergency
drug overdose



**FOR EVERY
1 DEATH**

10 admitted for
treatment

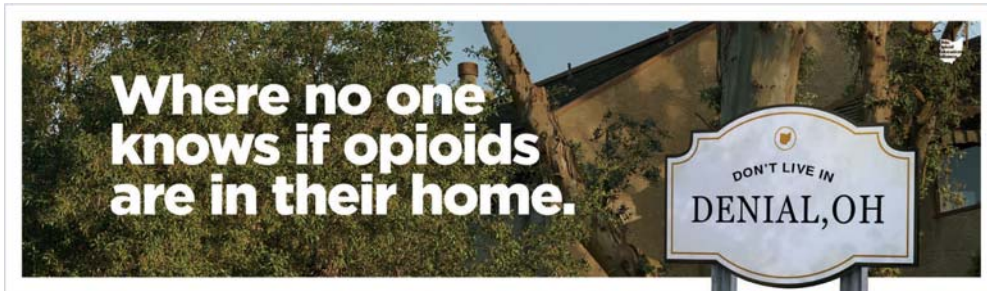
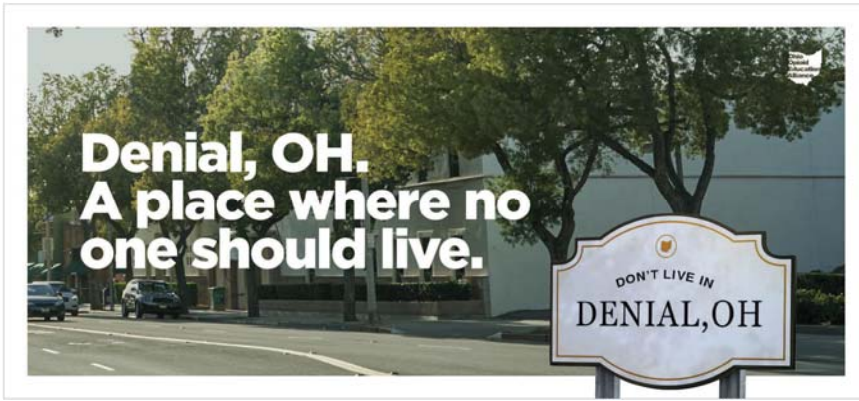
32 visited the ER

130 abusers or
dependent

825 nonmedical
users

- Opioids – prescription and illicit – killed more than **49,000 people in 2017**.
- Every day, **135 Americans die** from an opioid overdose.
- In 2017, **27%** of all opioid overdose deaths involved **a prescription opioid**.
- Ohio consistently has one of the **highest opioid overdose death rates** in the U.S.

Community Activation



Mindfulness in a Minute



Edutainment

DON'T MISS **WELLNESS WEDNESDAY LIVE** **Learn. Laugh. Live well.**

-  Every other Wednesday, 12:30 - 1 p.m. ET
-  Watch LIVE on SPOT
-  Follow on Yammer

hosted by Associate Wellbeing and Safety

https://videospace.nationwide.com/media/t/1_alxufsaz

Thank You

Questions?

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