

# 15<sup>th</sup> Annual Ohio Employee Health & Wellness Conference

Tuesday, August 23, 2022

7:45 a.m. **Prefunction Area** – Registration, Displays  
**Open & Healthy Breakfast Break –**  
Sponsored by Fitbit Health Solutions



(Assorted Naked® Juices, seasonal fresh fruit and berries, 2% & skim milk, assorted yogurts, granola & raisins, hot oatmeal, eggbeaters scrambled eggs and Starbucks® regular & decaffeinated coffee and Tazo® hot tea assortment)

## 8:45 a.m. Conference General Session

8:45 a.m. **New Albany Ballroom I & II** - General Session - Conference Welcome  
Mark W. Uher, *President, Manufacturers' Education Council*, Columbus

8:55 a.m. **Best-in-Class Wellness Programs ... Best Practices in One of the Healthiest 100 Workplaces in America & Healthy Business Council of Ohio (HCBO) Platinum Award-Winning Midsized Company** -- Jillian Jacobs, *Wellness Program Manager, Hitachi Astemo Ohio Manufacturing, Inc.*, Sunbury

9:30 a.m. **Prefunction Area** – Visit the Displays & Mid-Morning Break (Coffee, tea, juices, seasonal fresh fruit & berries, assorted yogurts and granola bars)

## 9:45 a.m. to 11:00 a.m. 4 Concurrent & Interactive Workshops

- A. **New Albany II** - Ohio Healthiest Employers – Insights from HCBO Platinum Award-Winning Large Businesses -- Brenda Bodenmiller, *BSN, Manager, Employee Health & Wellness* & Angy El-Khatib, *Health & Wellness Coordinator, Premier Health Services, Inc.*, Dayton and Jennifer A. Bennett, *Executive Director of Wellbeing, Ohio University*, Athens
- B. **Bexley II** - Practical Tips to Fight the Obesity Epidemic with 74% of Americans Being Either Obese or Overweight -- Angelice Alexander-Martin, *MD, Pro-Health Services*, Columbus
- C. **Canceled Due to Death in Quincy William's Family** - Practical Tips for Making Your Wellness Initiative Work Well -- Quincy Williams, *Wellness Program Manager, Columbus Metropolitan Housing Authority*, Columbus
- D. **New Albany I** - Workforce Wellbeing in a Post-Pandemic World ... How to Meet Evolving Workforce Needs with Holistic Wellbeing Strategies -- Bryce Rausch, *Director, Health Solutions, Fitbit Health Solutions*, San Francisco, CA

11:00 a.m. **Prefunction Area** – Visit the Displays & Mid-Morning Break (Coffee, tea, juices seasonal fresh fruit & berries, assorted yogurts and fruit – apples, oranges & bananas)

## 11:15 a.m. to 12:30 p.m. 4 Concurrent & Interactive Workshops

- E. **Bexley I** - Ohio Healthiest Employers -- Insights from HCBO Platinum Award-Winning Medium-Sized Businesses -- Robert McGee, *Wellness Team Leader & USW Wellness Team/Fitness Center Committee Chairman, Owens Corning*, Newark and Teri Laurer, *MSN RN, Director, Wellness and Occupational Medicine, Wood County Hospital*, Bowling Green
- F. **Bexley II** - Engaging Employees in the Post-Pandemic Era through Technology -- Rich Siegenthaler II, *MEd, CBP, Senior Vice President, MediKeeper, Inc.*, San Diego, CA
- G. **New Albany I** - Data-Driven Wellness Programs Mean Better Design, Communications, and Incentives. How to Use Data for a Wellness Strategy That Gets Results -- Denise Flickner, *Founder and CEO, Health Works*, Cincinnati and Raket Keane, *MPH Health Management Director, HORAN*, Cincinnati
- H. **New Albany II** - A New 'Model' for Better Employee Health & Wellness ... Focusing on Outcomes with Lower Costs, Not More Healthcare -- Bruce Hochstadt, *MD, Executive Vice President, Marathon Health, LLC*, Indianapolis

## Tuesday, August 23, 2022 continued

### 12:30 to 1:30 p.m. Luncheon & Networking Roundtables in Healthy Ohio Regions

Roundtables in the seven Healthy Business Council of Ohio (HBCO) regions to discuss strategies for creating healthy workplaces where employees thrive. (Pre-set: **Entrée salad** ... field greens, romaine, cucumbers, tomatoes, carrots ... topped with **slices of grilled chicken breast**. Crunchy garlic croutons and two dressings– creamy ranch & raspberry vinaigrette. Assortment of **rolls, breads & flatbread** crackers with butter. Dessert – slice of angel food cake topped with fresh berries and whipped cream.

1. **Columbus/Central Ohio**
2. **Cleveland & NE Ohio**
- 3/4. **Southwest & West Central Ohio**
5. **Toledo & NW Ohio**
- 6/7. **East Central & Southeast Ohio**

### 1:30 p.m. to 2:45 p.m. 4 Concurrent & Interactive Workshops

- I. **Bexley II - Ohio Healthiest Employers -- Insights from HCBO Platinum Award-Winning Large Businesses** -- Heather Shuster, MS, Manager, WorkFORCE Wellness, Genesis HealthCare System, Zanesville and Tina Thornton, Associate Vice President, Wellbeing & Safety; Katie Sprague, Manager, Human Resources and Kim White, Wellness Consultant, Nationwide Insurance, Columbus
- J. **Bexley I - Developing a Culture of Wellness in Manufacturing** -- Paul Lutz, Senior Account Manager, and Jackie Kendziorski, Wellness Coordinator, Everside Health, Akron
- K. **New Albany I - Wellness at Work 2.0: Exploring What's New & Meaningful in Workplace Wellness** -- Katy Tombaugh, Founder & Chief Executive Officer and Lara Uher, LISW-S, Mental Health Specialist, Wellness Collective, Westerville
- L. **New Albany II - Post Pandemic with Mental Health & Wellbeing in a Crisis Mode ... How to Create a Brain-Healthy Workplace That is More Productive** -- Scott Warrick, JD, MLHR, CEQC, SHRM-SCP, and CEO, Scott Warrick's HR Consulting & Employment Law Services, Reynoldsburg

2:45 p.m. **Prefunction Area - Visit the Displays and Healthy Afternoon Refreshment Break** Sponsored by **Marathon Health** (Seasonal fresh crudité display and an assortment of assorted vitamin waters, Powerade & Fuze and assorted soft drinks)



### 3:00 p.m. to 4:15 p.m. 4 Concurrent & Interactive Workshops

- M. **New Albany I - Ohio Healthiest Employers -- -- Insights from HCBO Platinum Award-Winning Small Businesses** -- Tiffany Kuck, Population Health Manager, McGohan Brabender, Dayton and Jackie Kendziorski, CHC, MS, Wellness Coordinator, The Goodyear Tire & Rubber Company, Innovation Center Manufacturing, Akron
- N. **New Albany II - 2022 Employee Wellness Trends and Creating Competitive Employee Benefit Plans to Attract & Retain Talent** -- Nick Patel, CEO & Founder, Wellable Labs LLC, Boston, MA
- O. **Bexley I - Letting Go of Predictability: Engage, Empower & Elevate Your Team** - Kris McGuigan, Founder & CEO, Professional Courage, Broadview Heights
- P. **Bexley II - Overcoming Chronic Musculoskeletal (MSK) Pain ... Utilizing Technology to Diagnose, Predict and Resolve MSK Pain** -- Beth Siracuse, Director Employer Services, Mount Carmel Health System, Columbus and Adam Goldberg, Head of Growth, Phy Health, New York City, NY

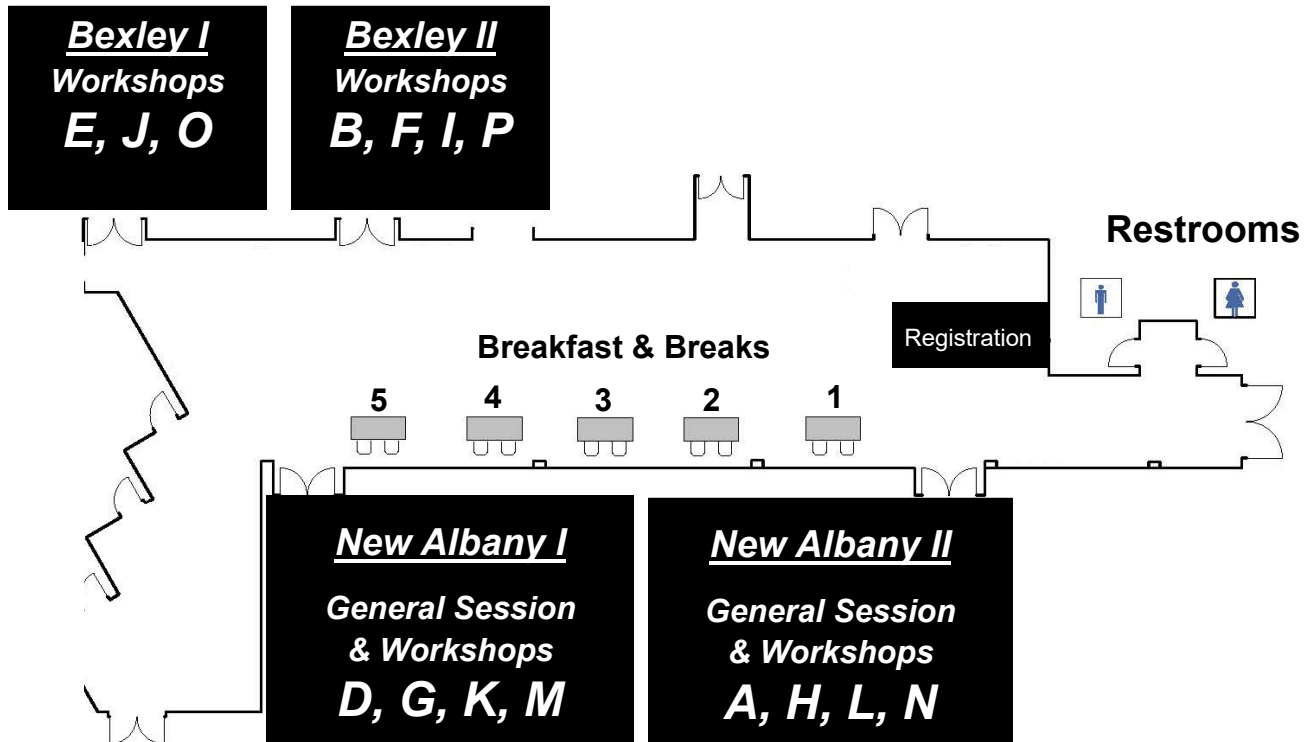
4:15 p.m. **Adjournment**

15<sup>TH</sup> ANNUAL OHIO

# Employee Health & Wellness

CONFERENCE

Tuesday, August 23, 2022 ■ Embassy Suites



## Displays and Sponsors

- (1) Fitbit Health Solutions
- (2) Healthy Business Council of Ohio
- (3) WellnessIQ Inc.
- (4) Hello Heart
- (5) Marathon Health

