

16TH ANNUAL OHIO

Employee Health & Wellness

CONFERENCE

Tuesday, August 29, 2023

7:45 a.m. **Prefunction Area** – Registration, Displays Open & Healthy Breakfast Break *Sponsored by Marathon Health (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. **Putting Mental Health at the Center of Workplace Policies ... Best Practices in Striving for Mental Health & Employee Wellbeing in the Workplace**
Erin Thase, *Ph.D., National Director for Behavioral Health, Marathon Health*, Indianapolis

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. **Bexley II** - *Ohio Healthiest Employers* – Insights from HCBO Platinum Award-Winning Large Businesses - Lindsay Madaras, *Senior Manager, Associate Well-Being* and Maile Kusano, *LivingWell Project Manager, Total Rewards, Bread Financial*, Columbus and Elizabeth R. Click, *DNP, ND, RN, CWP, Medical Director & Associate Professor, Case Western Reserve University*, Cleveland

B. **Bexley I** - Importance of Sleep for Employee Health, Productivity & Wellbeing ... Best Workplace Practices to Keep Your Employees Productive - Dr. Asim Roy, *Board Certified in Sleep Medicine and Neurology, Medical Director, Ohio Sleep Medicine Institute*, Dublin and Rob Kibler, *Chief Operating Officer, Ohio Sleep Treatment*, Westerville

C. **New Albany I** - Focusing on Employee Health & Wellness/Prevention ... Value Based Care through Population Health Management - Alberta Manga, *RN, Director, Medical Risk Management* and Amanda Guinan, *Vice President, Custom Design Benefits*, Cincinnati

D. **New Albany II** - Building a Workplace for Mental Wellness: Strategies and Managing Options
Erin Thase, *Ph.D., National Director for Behavioral Health*; Tim Shilling, *Behavioral Health Specialist* and Bill Klein, *M.D., Market Clinical Lead Physician, Marathon Health*, Indianapolis

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 II** - *Ohio Healthiest Employers* – Insights from HCBO Platinum Award-Winning Medium-Sized Businesses - Janan Hay, *Wellness & Benefits Coordinator, Human Resources, City of Dublin*, Dublin and Emily Kral, *Senior Health Strategist & Kaylee Greentree, Health Strategist, Hylant*, Toledo & Dublin

F. **New Albany II** - Reenergize Your Wellness Program for Better Employee Engagement
Shanna S. Dunbar, *Certified Occupational Health Nurse, Workplace Health Inc.*, North Royalton

G. **New Albany I** - Is Your Culture Helping or Hurting Your Wellness Efforts? Building a Solid Workplace Culture to Support Employee Wellbeing - Denise Flickner, *Founder and CEO & Anne-Marie Farley, Director of Marketing, HealthWorks*, Cincinnati

H. **Bexley I** - What Does Artificial Intelligence & Data Analytics Mean for Your Wellness Programming? - Dr. Tyler Amell, *Chief Health & Strategy Officer, MediKeeper, Inc.*, San Diego, CA & Faculty, Pacific Coast University for Workplace Health Sciences

12:30 to 1:30 p.m. Luncheon & Networking Roundtables in Atrium

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** - Front (4 tables)
2. **Cleveland & NE Ohio** - Back (3 tables)
- 3/4. **Cincinnati, Southwest and West Central Ohio** - Middle (3 tables)
5. **Toledo & NW Ohio** – Middle (1 table)
- 6/7. **East Central & SE Ohio** - Back (1 table)

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

- I. **Bexley I** - **Ohio Healthiest Employers – Insights from HCBO Platinum Award-Winning Large Businesses** - Jessica McCurdy, *Employee Wellness Administrator, Franklin County Cooperative, Columbus* and Diane L. Pipes, *LISW-S, Corporate Health Manager of Wellbeing Services, TriHealth, Cincinnati*

- J. **New Albany I** - **Practical Tips to Fight the Obesity Epidemic with 74% of Americans Being Either Obese or Overweight ... Losing Weight & Maintaining a Healthy Lifestyle is Really Simple – It's Just Not Easy** - William Streetman, *President, WHS New Life – Weight & Lifestyle Management, Westerville*

- K. **New Albany II** - **The Science of Happiness ... Use Happiness Strategies to Shape Business Culture and Performance** - Katy Tombaugh, *Founder & Chief Executive Officer* and Emma O'Keefe, *Wellness Specialist, Wellness Collective, Westerville*

- L. **Bexley II** - **How Reimagining the Role of Leadership Development can Unlock Greater Wellbeing at Work** - Alice Wheeler, *Vice President, Talent and Organizational Effectiveness* and Bridgette McCullough, *Customer Strategy Advisor, OhioHealth, Columbus*

2:45 p.m. **Prefunction Area** – Visit the Displays and Healthy Afternoon Refreshment Break (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. 3 Concurrent & Interactive Workshops

- M. **New Albany I** - **Lead with Movement as a Total Workplace Health Strategy** Dr. Rick Wickstrom, *PT, DPT, CPE, CME, Founder and President, WorkAbility Systems, Inc., West Chester*

- N. **New Albany II** - **Emotional Freedom Techniques (EFT) Tapping ... a Fast & Weird Way to Calm Down, Feel Great and Succeed** - Betsy Muller, *EFT International Master Trainer, MBA, CEHP, ACP-EFT, The Indigo Connection LLC, Strongsville*

- O. **Bexley II** - **Managing Chronic Musculoskeletal (MSK) Costs ... Take the Pain Out of MSK by Optimizing Employee Engagement** - Marcus Otte, *Regional Account Manager* and Dr Chris Cato, *Chief Population Health Officer, Airrosti, Columbus & Cincinnati*

4:15 p.m. Adjournment

Thank you for attending the 16th Annual Ohio Employee Health & Wellness Conference!
All presentations are available in a PDF format at www.MECseminars.com
under the HR, Health & Wellness tab.

Please pick up your **certificate at registration** before you leave and take a moment & **complete the evaluations** and leave at registration. Thank you!

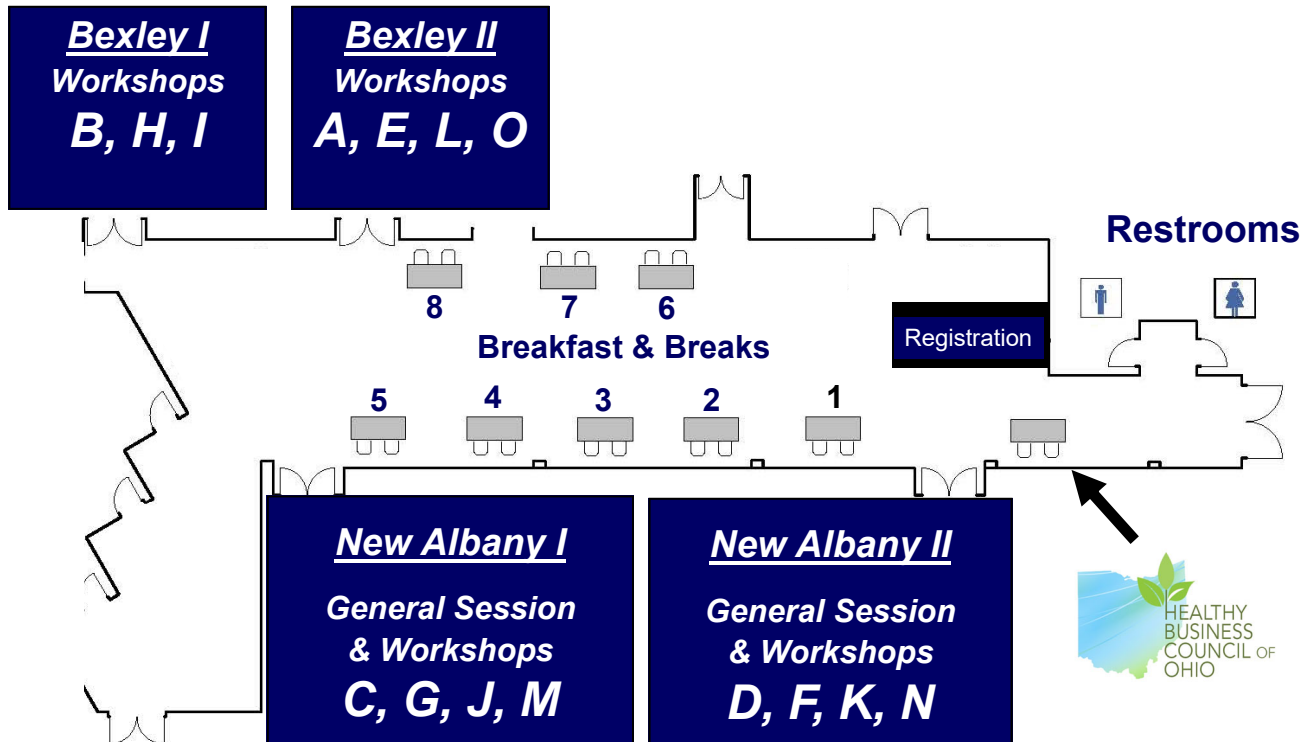
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Embassy Suites Columbus Airport, 2886 Airport Drive, Columbus



Sponsors & Displays

- (1) Marathon Health
- (2) WellnessIQ Inc.
- (3) TriHealth Corporate Health
- (4) Custom Design Benefits
- (5) Homethrive Inc.
- (6) Workplace Health Inc.
- (7) Inspire Medical Systems
- (8) Integrated Health 21

