

7th Annual Ohio Employers' Summit on Controlling Health Care Costs



SPONSORED BY:
Ohio Chamber of Commerce

IN CONJUNCTION WITH:
Ohio Association of Health Underwriters
Ohio Small Business Council
Manufacturers' Education Council

From previous Summit attendees:

**"Very practical information...
speakers who looked beyond the
problem to solutions."**

Pam Serina, Director, Human Resources
Liquid Control Corp., Canton

"Excellent – Timely and useful."
Michael Shover, Director of HR, Bettcher
Industries, Birmingham, OH

"Outstanding..."
Christine A. Henning,
Human Resources Manager
Copeland Corp., Sidney

Redesigning Employee Benefits & Solutions to Controlling Costs in an Era of Reform

Controlling Health Care & Benefit Costs

Thursday, April 15, 2010
Marriott Columbus Airport
1375 North Cassady Avenue
(I-670 at Cassady), Columbus



Best practices & strategies to control costs

Making consumerism work

Innovative benefit plan design & incentives

Employer successes controlling costs

Employee health & wellness initiatives

Best practices in employee education & empowerment

Engaging employees to take responsibility for their health

Leading-edge tactics for mid-sized employers

7th Annual Ohio Employers' Summit on Controlling Health Care Costs



Controlling Health Care & Benefit Costs



Thursday, April 15, 2010 • Marriott Columbus Airport • 1375 North Cassady Avenue • Columbus
(I-670 at Cassady Avenue)

Reform without Washington. One of benefits of the raging debate in Washington on health care reform is the realization that we **must aggressively begin to control skyrocketing health benefit costs** that have had an enormous impact on U.S. jobs. A huge number of good U.S. jobs have moved to China, India & Mexico in part because U.S. businesses can no longer remain cost-competitive in the global marketplace due to **burdensome employee health care & benefit costs**.

Plan to attend the 7th Annual Ohio Employers' Summit on Controlling Health Care Costs and learn from the leading benefit experts the best practices to contain skyrocketing health care costs. **From start to finish, the conference promises to be solutions-focused and business-driven.** You'll learn the latest on implications of health reform for employer plans, successful employee health & wellness initiatives and their impact on the bottom line, how best to communicate with employees & increase employee engagement, and how to use rewards to change employee behavior and much more!

Register today for this conference and begin to save thousands and thousands of dollars in containing health care costs for your employees! **A substantial return on your investment is guaranteed!**

Who Should Attend & Benefit the Most?

Human Resource Vice Presidents, Directors & Managers
Benefit Administrators, Directors & managers
Business Managers, Healthcare Buyers & Chief Financial Officers
Providers of Affordable Health Care

Here is what some previous attendees have said about this annual Summit.

"Very informative. Learned a lot about consumerism. Very interesting approach to healthcare with good speakers."

Amy Gabbard, HR Manager, Saturday Knight Ltd., Cincinnati

"Very practical information ... speakers who looked beyond the problem to solutions"

Pam Serina, Director, Human Resources, Liquid Control Corp., Canton

"A comprehensive and effective approach to a very complex problem"

Jim Gray, Vice President, Human Resources, Hartzell Industries Inc., Piqua

"Excellent conference"

Christine A. Henning, Human Resources Manager, Rudolph/Libbe Inc., Walbridge

"Outstanding"

Denise Hodges, Supervisor Benefits, Copeland Corp., Sidney

"...value for the money. I would attend again."

Ed Brady, Vice President, First Clemont Bank, Milford



7th Annual Ohio Employers' Summit on Controlling Health Care Costs

Thursday, April 15, 2010

Marriott Columbus Airport, 1375 North Cassady Ave., (I-670 at Cassady), Columbus

8:00 a.m. Registration, Healthy Breakfast Break & Displays Open

9:00 a.m. Welcome and Conference Overview

Carrie Haughawout, *Director, Health Policy, Ohio Chamber of Commerce*

9:15 a.m. Redesigning Employee Benefits & Solutions to Controlling Costs in an Era of Reform

- Insight into the national health care reform with the latest on implications for reform for employer plans and controlling health care costs.
- Employer successes in redesigning health care delivery and controlling costs.
- Highlights of the Annual National Business Group on Health/Towers Watson Employer Survey of Health Benefit Trends.



Steven E. Wojcik, *Vice President, Public Policy, National Business Group on Health, Washington, DC* (Since 1974, the National Business Group on Health has been the nation's only non-profit organization devoted exclusively to representing employers' perspective on national health policy issues and providing practical solutions to the most important health care problems. Business Group members exchange ideas for controlling health care costs, improving patient safety & quality of care and share best practices in health benefits management. Mr. Wojcik is responsible for developing & coordinating the Business Group's position/strategy on federal legislative issues impacting health benefits for employers and providing information & analysis on best practices to Capitol Hill & the Administration.)

10:00 a.m. Break & Visit Displays

10:15 a.m. Employer Successes ... Controlling Costs, Improving Employee Health & Productivity in an Era of Reform

Best practices in employee education & engagement; controlling absence & lost productivity; curbing the rising costs of employee health benefits; addressing retiree health care; supporting mental health, work/life balance, & employee wellness and using rewards to drive employee engagement & improve benefit selections.

Sandra G. Morris, *RN, MSN, CM, Senior Manager, Healthcare Benefit Design, The Procter & Gamble Company, Cincinnati*

Martha Lanning, *Director, Health, Life & Disability Plans, The Sherwin-Williams Company, Cleveland*

Gregory J. Paradiso, *Director of Compensation, Benefits & Health, Glatfelter, York, PA & Chillicothe, OH*

11:45 a.m. How to Get Employees Engaged, Involved & Healthy to Reduce Overall Medical Costs through Effective Consumer-Directed Health Care Plans

- How informed employee decision making and behavioral changes can produce measurable & sustainable improvements to your employees' health & your company's bottom line. How to obtain employee buy-in to your plan design & best practices in employee education & engagement to create ownership in the plan.
- Breaking the inertia to drive lower costs (consumer-directed plans can reduce overall medical costs by 13%)... making consumerism work -- how to build & implement an effective consumer-directed health plan. Do's and don'ts of consumerism.



Bill Reindl
Senior Vice President
CIGNA Healthcare, Philadelphia, PA

AGENDA



12:30 p.m. Luncheon & Healthy Ohio ... Networking Roundtables in the Seven Healthy Ohio Business Council Regions

Networking luncheon roundtables to discuss how to make health care consumerism work and how to create healthy workplaces where employees thrive.

- | | |
|--|---------------------------------------|
| 1. Columbus & Central Ohio | 5. Toledo & Northwest Ohio |
| 2. Cleveland, Akron/Canton & Northeast Ohio | 6. East Central Ohio |
| 3. Cincinnati & Southwest Ohio | 7. Southeast Ohio |
| 4. Dayton & West Central Ohio | |

1:30 p.m. Concurrent & Interactive Workshops

A. No Reform Needed to Stem the Tide ... Innovative Plan & Benefit Design to Cut Skyrocketing Health Care Costs

Approaches to benefit design to lower costs and health risks. Best practices in health assessment, prevention and education services to help reduce medical plan costs for employers. How to wisely choose consumer-driven health care plans. Integration of health, wellness & benefits.

Robert J. Klonek, *Executive Vice President & Director of Group Benefits, Oswald Companies*, Cleveland and Sally Lanning, *Manager, Benefits and Employee Health, Hartzell Propeller*, Piqua

B. Employee Health & Wellness: Managing Costs and Creating an Environment Where Your Employees Can Thrive

Benchmarking your wellness initiative, components of a successful program, and best practices in employee education and empowerment ... how to best engage your employees to be better health care consumers.

Dr. Derek van Amerongen, *Vice President & Chief Medical Officer, Humana of Ohio*, Cincinnati

C. Best Employers Practices in Implementing Weight Management Programs to Address the Obesity Epidemic Costing Ohio Employers over \$3.3 Billion Annually

Thomas B. Gilliam, *Ph.D., Founder, Move It. Lose It. Live Healthy LLC*, Hudson, OH and *Co-Author, Move It. Lose It. Live Healthy.: The Simple Truth About Achieving & Maintaining A Healthy Body Weight*, and Dr. Tim Newman, *Medical Director, FirstEnergy Corporation*, Akron

3:00 p.m. Concurrent & Interactive Workshops

D. Reducing Health Care Costs & Effective Disease Management ... the Business Case for Value-Based Insurance Design (VBID), a Very Timely Approach to Mitigate Downside of Cost Sharing

Employers desire to control costs and provide quality healthcare benefits and the role of value-based insurance design to minimize the deleterious consequences to straight-up cost sharing. How to implement, what are expected outcomes and how to measure.

Toni Donahue & Hitesh Patel, *Vice Presidents, Aon Consulting*, Columbus

E. Health Saving Accounts (HSAs) & Health Reimbursement Arrangements (HRAs) ... Best Employers Practices & Trends Towards These Ever-Popular Consumer-Driven Health Care Plans

Making HSAs/HRAs work. Results from national surveys. What's working & what's not. Effective employee education strategies to roll out a CDH plan.

Hudson A. Peters, *Principal, CEBS, CHS, ISCEBS Fellow, Mercer*, Cincinnati

F. Wellness Programs that Work & Lessons Learned in Implementation

Implementing a wellness incentive program that works including health risk assessments, educational sessions, and blood screens. Overcoming the obstacles and giving the employees the tools to succeed with on site wellness coaches; 6-month lab checks; web tools; incentives for routine care, weight watchers, smoking cessation, gym memberships, health and fitness classes. How we sold this plan to employees and the lessons we have learned.

Kristen M. Treadway, *PHR, CLRP, Director of Human Resources* and Robin Rupp-Mondak, *HR Coordinator, City of Gahanna*, Gahanna

4:15 p.m. Conference Adjournment

Investment: \$345 per person

Fee is \$345 per person and includes tuition for continuing education credit, comprehensive manual, luncheon and breaks. Confirmations and maps will be sent to all who register. When registering, please indicate any special needs

To Register:

- Online: www.MECseminars.com
- Call: MEC at 614.229.7990, ext. 21
- Fax: 614.229.7991 the complete registration form
- Mail: The completed form to the address listed on the form

Location/Lodging

Thursday, April 15, 2010

Mariott Columbus Airport

1375 North Cassady Ave. (I-670 at Cassady), Columbus

For overnight lodging for the evening of April 14, please call the Mariott at 800.491.5717 or 614.475.7551 and request the Manufacturers' Education Council rate of \$129 single/double prior to March 22.

Company _____
 Address _____
 City, State, Zip _____
 Telephone _____ Fax _____

Your Priority Code on the Mail Label

Send Check and Completed Registration Form:

Manufacturers' Education Council
230 East Town Street, Suite 100
Columbus, Ohio 43215-4657

Luncheon Roundtables Areas

1. Columbus & Central Ohio
2. Cleveland, Akron/Canton & NE Ohio
3. Cincinnati & Southwest Ohio
4. Dayton & West Central Ohio

REGISTRANTS

Names/Titles _____

E-Mail Address _____

PAYMENT:

— Seminar fee enclosed with check payable to Manufacturers' Education Council
 — Charge to: Visa _ MC _ AX _ Account # _____
 Exp. Date _____ Signature: _____

Fee: \$345 Per Person

For Health Providers: Display \$895

1:30 p.m. Workshops

- A. Plan & Benefit Design
- B. Employee Health & Wellness
- C. Weight Management

3:00 p.m. Workshops

- D. Value-Based Insur. Design
- E. HSAs & HRAs
- F. Wellness Pgm. that Work

Luncheon

Preference

1:30 p.m. Session

Preference

3:00 p.m. Session

Preference

Health Care Plans, Products and Service Providers Displays — \$895

Display your cost-effective, healthcare product or service to Ohio employers with a display at the 7th Annual Ohio Employers Summit on Controlling Health Care Costs. For more information about displays, log onto www.MECseminars.com.

Displays
Name/Title _____

E-Mail Address _____