Healthy Employees... a Healthy Investment
Ohio’s Premier Conference on Employee Health, Wellness & Well-Being

12TH ANNUAL OHIO

Employee Health & Wellness Conference

Tuesday, August 22, 2017
Embassy Suites Columbus Airport, 2886 Airport Drive
(near the intersection of I-670 at Cassady Ave.), Columbus

Sponsored by:

Valuable Insights from Ohio’s ‘Healthiest’ Employers
Designing a Well-Being Initiative that Engages Employees
Best in-Class Programs ◆ Wellness in Collective Bargaining
Chronic Stress & Mental Health ◆ Weight-Loss Programs
Cultivating a Culture of Well-Being ◆ Moving Toward Mindfulness
Practical Tips for Effective Employee Engagement ◆ Incentives
Creating a Psychologically Healthy Workplace ◆ Benefit Design
Best Practices, Case Studies & Successful Wellness Programs
Tuesday, August 22, 2017
Embassy Suites Columbus Airport, 2886 Airport Drive, Columbus
(Near the intersection of I-670 at Cassady Avenue)

7:45 a.m.  Registration, Displays Open & Healthy Breakfast Break
Ohio Healthiest Employer Sessions Sponsored by HORAN

8:45 a.m.  Conference General Session

8:45 a.m.  General Session - Conference Welcome & Introductions
Keith Lake, Vice President, Governmental Affairs, Ohio Chamber of Commerce, Columbus

8:55 a.m.  Value of a Healthy Workforce – Insights from a Health & Productivity Award Winner on Best
Behavior Health & Evaluating Outcomes
Kathleen Herath, RN, BSN, CRRN, Associate Vice President, Health & Productivity, Nationwide Insurance,
Columbus (Nationwide’s My Life. My Choice. My Health program has been awarded numerous national
awards including IBI Health Innovation, the American Heart Association’s Platinum Fit Friendly Employer, APEX
Award for Health & Productivity Innovation, Sharp Brains’ Brain Fitness Innovation, National Business Group on
Health’s Best Employers for Healthy Lifestyle and the prestigious C. Everett Koop National Health Award.)

9:30 a.m.  Visit the Displays & Mid-Morning Break

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

A.  Ohio Healthiest Employers -- Best Practices & Successes at Cultivating a Culture of Employee Health,
Wellness & Well-Being, Employee Engagement & Participation in Wellness and the Value of a
Healthy Workforce
■ Valuable insights from invited Healthy Ohio Worksite Gold Award Winners (large business – over 1000
employees).
 Moderator: Cheryl Mueller, Vice President & Market Leader Columbus Region, HORAN, Columbus; David
Cowden, Practice Administrator, Medical Center, Worthington Industries, Worthington and Kelley Korte,
Director, Benefits Planning & Strategy, American Greetings Corp., Cleveland

B.  Fundamental Practices – Tips for Making Worksite Wellness Work at the University of Cincinnati …
Strategies for Integrating Wellness into Everyday Work & Empowering Employees to Build Their
Own Self Efficacy Toward Wellness
■ Best practices at getting employees to work on wellness every day and integrating wellness with
safety, leave of absences, return-to-work and other processes to build the wellness of its employees.
Ashley Varol, PhD, Employee Wellness Manager & Elizabeth Aumann, Director of Benefits, University of
Cincinnati, Cincinnati

C.  Employee Engagement - How to Maximize Motivation Across Your Organization & Within Your
Wellness Program and Moving Toward Mindfulness – How & Why Daily Practice Benefits
Workplace Wellness
■ Best practices for employee motivation to boost performance & participation. The benefits of moving
toward a mindfulness practice and empowering employees with skills to improve focus & quality
through daily self-awareness at work & home.
Katy Tombaugh, CEO & Founder and Sarah M. Towning, President, Wellness Collective, Columbus
   - Valuable insights of best practices & resources to promote high performance, attract the best & brightest employees and foster employee well-being from a three-time American Psychologically Healthy Workplace National Award Winner from Wooster, Ohio.
   - Sherry Leggett, Wellness & Med, Benefits Manager, Certified Angus Beef, Wooster and Robin Graff-Reed, Ph.D., Director of Org. Development Training, VHA National Center for Organizational Development, Cincinnati

11:00 a.m. Visit the Displays & Mid-Morning Break

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

E. Ohio Healthiest Employers -- Best Practices & Successes at Cultivating a Culture of Employee Health, Wellness & Well-Being, Employee Engagement & Participation in Wellness and the Value of a Healthy Workforce
   - Valuable insights from Healthy Ohio Worksite Gold Award Winners (medium business–301 to 1000 employees).
   - Moderator: Cheryl Mueller, Vice President & Market Leader Columbus Region, HORAN, Columbus; Leann Puckett, HealthAhead Coordinator, General Electric Co., Peebles and Stacy Shern, Wellness Coordinator, Greater Dayton Regional Transit Authority, Dayton

F. Fundamental Practices -- Impact of Wellness … Development of a Simple but Strategic Wellness Program that Promotes Optimal Well-Being, Improves Productivity & Supports Effective Management of Rising Healthcare Costs
   - How best to maximize benefit investments by creating a culture of wellness across generations that empowers individuals to make healthy lifestyle choices.
   - Shanna S. Dunbar, RN COHN-S, Certified Health Coach, Certified MHFA Instructor, Certified TWP / DFWP Provider and President, Workplace Health, Inc., Strongsville

G. Wellness Programming – Columbus City Schools … Healthy Bodies, Active Minds, Wellbeing Initiative
   - Proven methods & strategies on how to fully engage employees in your well-being initiative. Lessons learned through the development of systems and processes designed to successfully implement wellness programming within the largest school district in Ohio in order to drive up engagement and measure results.
   - Kay Lakhi, RDN, LD, NHA, CEO, Alyfe Wellbeing Strategies, Lewis Center; Jackie Broderick-Patton, MA, BSN, RN, Wellness Initiative Coordinator, Columbus City Schools, Columbus and Kelly Thompson, Director, Client Services, Medical Mutual of Ohio, Columbus

H. Advanced Practices for Self-Funded Employers - The Road to Affordable Healthcare is Paved with Transparency & Well-Being
   - Insights on effective and affordable healthcare strategies that integrate all aspects of well-being programs, including adopting a reference based pricing medical plan design, a proven strategy that lowers and stabilizes healthcare costs; data integration to identify opportunities for targeted coaching and disease management interventions; and implementing incentives based on unique, personalized action plans.
   - Amanda Guinan, Vice President, Business Development & Compliance, Custom Design Benefits, Cincinnati

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

Roundtables in the seven Healthy Ohio Business Council regions to discuss strategies for creating healthy workplaces where employees thrive.

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

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

I. Ohio Healthiest Employers -- Best Practices & Successes at Cultivating a Culture of Employee Health, Wellness & Well-Being, Employee Engagement & Participation in Wellness and the Value of a Healthy Workforce
   - Valuable insights from Healthy Ohio Worksite Gold Award Winners (small business under 300 employees).
   - Moderator: Cheryl Mueller, Vice President & Market Leader Columbus Region, HORAN, Columbus; Michele Winter, Human Resource Administrator, Atlantic Tool & Die Co., Cleveland and Julie A. Palmer, RDN, LD, CPT, Lead Dietitian & Community Nutrition Coordinator, LifeCare Alliance, Columbus
J. **Wellness Programming – Chronic Stress, Depression, Anxiety and Other Mental Health Issues … Healing the Human Brain**

- 21st century technology revolutionized the world of mental health conditions and brain science.
- Neuroscience, neurogenesis & neuroplasticity. How to create a ‘brain healthy’ workplace that is more productive. Practical, entertaining & humorous session with valuable information you can use immediately within the workplace and for yourself.

Scott Warrick, JD, MLHR, CEQC, SCP, President, **Scott Warrick Consulting, Coaching & Training Services**, Reynoldsburg

K. **Employee Engagement – Optimizing Employee Engagement & Managing Musculoskeletal Costs Through Onsite Wellness**

- Developing a culture that prioritizes well-being & empowers employees to take responsibility for their personal health. Raising awareness, boosting leadership support, developing partnerships and incentives and tracking outcomes. Utilizing a musculoskeletal triage & education to mitigate claims, shorten treatment times & avoid unnecessary costs.

Rebecca Nguyen, MS, ACSM, CES, Manager of Health Promotion, **Battelle Memorial Institute**, Columbus and Derek Curlee, Vice President, **Airrosti Rehab Centers**, Cincinnati

L. **Advanced Practices – Strategic Employer Well-Being: Tactics & Strategies that Change Cultures & Deliver Results**

- Research-proven best practices on assessment & planning, support, programs & integration, participation strategies and measurement. How create a program to enhance the organization’s culture & contribute to business objectives. How to measure success using HERO scorecard & risk mitigation.

Nancy Camarota, Vice President, Customer Experience, **La-Z-Boy, Incorporated**, Monroe, MI; Amanda Blake, Wellness Manager, **Franklin County Cooperative**, Columbus; and Carrie Alexander, PHR, Managing Consultant, **Findley Davies, Inc.**, Toledo

2:45 p.m. Visit the Displays and Healthy Afternoon Refreshment Break

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

M. **Ohio Healthiest Employers – Best-in-Class Wellness Programs … How to Ensure Your Program is Among the Best!**

- Lessons learned from wellness programs that achieve measurable health improvement and a financial return on investment. Comprehensive Midwest results from regional workplace wellness survey with more than 155 organizations, 13 industries & 111,000 employees.

Scott Silver, Health Management Director & Rakel Sanchez, Health Management Director, **HORAN**, Cincinnati

N. **Wellness Programming – Losing Weight & Maintaining a Healthy Lifestyle Really is Simple … It’s Just Not Easy!**

- How to design a personalized weight loss and management program that will help ensure long-term success.

William Streetman, Owner, **WHS New Life – Weight & Lifestyle Management**, Westerville

O. **Best Practices in a Collective Bargaining Workplace – Overcoming Significant Obstacles to an Unsustainable Health Insurance Plan and Methods to Achieve Substantial Gains in Implementing a Wellness Culture … On the Road to Wellness – Achievements, Challenges & Vision for the Future**

- Case study on successful agreement following a union strike in 2012 to improve employee morale & trust and achieve an outcomes-based, 34-panel biometric screening program with significant premium incentives. Rebranding and expanding the On the Road to Wellness Program through Wellness Ambassadors plus successful wellness initiative and communication strategies to obtain an 80% participation rate.

Kristen M. Treadway, PHR, SHRM-SCP, CLRP, Vice President, **Human Resources & Labor Relations** & Stephanie Pulliam, Compensation & Benefits Manager, **Central Ohio Transit Authority (COTA)**, Columbus

P. **Advanced Practices – Pulling the Right Levers to Achieve the Triple Aim of Cost, Quality & Value and Building a Culture of Well-Being**

- Lessons learned from an inter-disciplinary team from Ohio’s largest health system to achieve the triple aim of within their employee health plan while creating a culture of well-being. Plan design, well-being levers, including health management & pharmacy strategies. Results. Vision for the ‘next levers.’

Nicole Martel, System Director, Health & Well-Being; Susan Marx Mashni, PharmD, BCPS, Chief Pharmacy Officer & Michael U. Todd, MD, Medical Director – Employee Health Solutions, **Mercy Health**, Cincinnati

4:15 p.m. Adjournment
It's Easy to Register for the Ohio Employee Health & Wellness Conference

Employee Health & Wellness Products & Services Displays -- $995

Limited Number so register early! Display your product or service to help promote healthy employees & organizations. For more information, log onto www.MECseminars.com.

Display Table Registration

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Investment: $445/ Person or $365 Per Person for 2/ More
Register early!

Fee of $445 includes expert instruction for continuing education credit, comprehensive manual, lunch, breakfast, and breaks.

Big savings … send two or more to reduce the fee to $365 per person. A confirmation letter & area map will be mailed to all who register. When registering, please indicate any special needs.

To Register:

- Online: www.MECseminars.com
- By Phone: Call MEC at 614.392.0413
- By Fax: 614.392.0415
- By Mail: Send registration to the MEC

Location/Lodging

Tuesday, August 22, 2017
Embassy Suites Columbus Airport
2886 Airport Drive, (I-670 at Cassady), Columbus

For overnight lodging for the evening of August 21, please either use the online link on the MECseminars.com website or call the Embassy Suites at 614.536.0500 and request the MEC rate of $144 two-room suite with a separate living area & complimentary cooked-to-order breakfast and complimentary nightly Manager’s reception prior to July 21, 2017.

PAYMENT:

- Seminar fee enclosed with check payable to Manufacturers’ Education Council
- Charge to: Visa _ MC _ AX _ Account # ___________________________
- Exp. Date _________ Signature: __________________________________

REGISTRANTS

Sessions & Roundtable Preference

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Send Check and Completed Registration Form:
Manufacturers’ Education Council
5050 Pine Creek Drive, Suite A
Westerville, OH 43081-4852
9:45 a.m to 11:00 a.m.
11:15 a.m. to 12:30 p.m.
Luncheon Roundtables
1:30 p.m. to 2:45 p.m.
3:00 p.m. to 4:15 p.m.

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