



**Healthy Employees...
a Healthy Investment**
*Ohio's Premier Conference on Employee
Health, Wellness & Wellbeing*

15TH ANNUAL OHIO

Employee Health & Wellness

CONFERENCE

Tuesday, August 23, 2022

Embassy Suites Columbus Airport, 2886 Airport Drive
(near I-670 at Cassady Ave.), Columbus, OH 43219



HEALTH SOLUTIONS



Marathon
Health.



Best Practices, Best-in-Class & Successful Wellness & Wellbeing Initiatives
Workforce Wellbeing in a Post-Pandemic World ■ **Mental Health Crisis**
How to Meet Evolving Workforce Needs with Holistic Wellbeing Strategies
Initiatives that Engage Employees ■ **Tips to Fight the Obesity Epidemic**
Making Your Wellness Initiative Work Well ■ **Data-Driven Wellness Programs**
Engaging Employees through Technology ■ **Letting Go of Predictability**
Focusing on Outcomes with Lower Costs, Not More Healthcare
2022 Employee Wellness Trends ■ **Overcoming Chronic MSK Pain**
Creating Competitive Employee Benefit Plans to Attract & Retain Talent
Priceless Insights from Some of America's Healthiest Employers

15th Annual Ohio Employee Health & Wellness Conference

What does employee health; wellness and wellbeing look like in a **post-pandemic world**?

In its Stress in America survey, the American Psychological Association declared a **national mental health crisis** that could yield serious employee health and social consequences for years to come. The study indicated a whopping **67% of adults have experienced increased stress** levels during the pandemic. Among employees, **68% reported that their employment experience has been negatively impacted** by the pandemic, citing factors including stress and anxiety from trying to balance household responsibilities during work time, decreased productivity, and fears of losing employment.

The 2021 Working Americans' State of Physical Wellbeing Report indicated that many employees have experienced an onset or worsening of insomnia, fatigue, and the lack of energy since the start of the pandemic. According to Fitbit Health Solutions, **physical health is suffering ... 46%** decreased in exercise; **48%** increased consumption of salty, sweet or fatty foods; **50%** increased video/TV watching and **25%** increased use of alcohol and drugs.

The pandemic has brought **profound changes** in where employees work, how they work, and how they want to balance their professional and personal lives. More employees are prioritizing work-life balance over a higher salary. **52% of American employees would choose to work from home** permanently if given the option. And, **78% of benefit professionals see employee health & wellbeing as a higher priority in the post-pandemic world** as employees now expect their employer to support their mental & physical health and wellbeing.

In this rapidly-changing post-pandemic world, the 15th Annual Ohio Employee Health and Wellness Conference is a must-attend event. It's the first in-person conference since August 2019 and according to the Society of Human Resource Management (SHRM) there's a pent-up demand for in-person educational events, particularly from remote employees and Millennials.

At the 2022 conference, there's a plethora of speakers from award-winning, Healthiest Employers, to learn from, network with and share experiences, face-to-face. You will get priceless insights from one of the nation's Healthiest Employers, **Hitachi Astemo Ohio Manufacturing** on how their **health benefits and wellness programs have been a key factor** in both employee retention and recruitment of top-notch candidates, with an increased participation in their various wellness programs and challenges. From another 2021 Healthiest 100 Workplaces in America, you'll learn how **Premier Health prioritizes the wellbeing of their employees** and expanded wellness efforts during the pandemic in response to the **enormous stress and pressures placed on staff**. At another session, the **Manager of WorkFORCE Wellness at Genesis HealthCare System** in Zanesville will share how their Wellness team of RNs, Dietitians and Exercise Physiologists is **free to 4000+ employees** and annual wellness initiatives earn insurance **premium discounts up to \$1300 with 81% engagement**. You'll benefit from learning how to successfully reach an **older work force in a unionized setting** from the wellness team at the **Owens Corning, Newark plant**.

Healthy Employees ... a Healthy Investment. Register today for Ohio's premier conference on employee health, wellness and wellbeing.

Continuing Education Credits

The National Wellness Institute (NWI) credits are approved for 5.5 Level 2 continuing education credit (CEC) hours for NWI Certified Wellness Practitioners, Certified Worksite Wellness Specialists, Certified Worksite Wellness Program Managers, and Wellness in Clinical Practice certification holders. Manufacturers' Education Council is recognized by SHRM to offer 5.50 Professional Development Credits (PDCs) for SHRM-CP or SHRM-SCP. Continuing education credits are pending for 5.50 HR (General) Recertification Credit Hours toward aPHR™, PHR®, PHRca®, SPHR®, GPHR®, PHRi™, SPHRi™ recertification through HR Certification Institute's® (HRCI®). This site will be updated with approvals of credit hours. This conference does not offer CHES Category 1 contact hours and continuing nursing education.

Employee Health, Wellness & Wellbeing Resources



Fitbit is one of the world's most well-known and well-loved brands ... it is the top-rated health and fitness app on iOS and Android. Fitbit engages with people 24/7 through one of the world's largest health and fitness social network.

Fitbit's personalized health and wellbeing experience easily integrates into a wide variety of health interventions and wellbeing programs - including embedded health plan benefits, condition management point solutions, research studies and corporate wellness programs - and helps to extend and enhance their impact by driving higher participation levels, increasing physical activity, and helping to improve weight loss and diabetes outcomes.

Fitbit reaches millions of people across the globe and its products are carried in 39,000 retail stores across 87 countries around the globe. Over 2.6M Fitbit users have connected their data to a population health platform. Fitbit's ecosystem lets people connect to thousands of the most popular health and fitness apps and programs. Fitbit has one of the largest databases of validated health data in the world.



Marathon Health partners with employers around the U.S. to deliver a healthcare experience that's convenient and focused on driving real behavioral change, which results in healthier employees and better financial savings. Employers save an average of \$2,000 for each employee who engages with Marathon Health. We deliver our advanced primary care solution across more than 265 onsite, Network and virtual health centers across the United States.

Marathon Health is driven by their mission to improve employee lives every single day. Longer healthcare appointment times allow for better patient-provider moments to dig in deep to truly understand your employees' health and lead them on a path to a better life. The care teams — including doctors, nurses, health coaches and behavioral health specialists — focus on creating profound relationships through trust and transparency to inspire and empower your employees to prioritize their health.

Better experiences lead to higher patient engagement and ultimately better health that matter to your employees, while making an impact on your bottom dollar. From sick care to managing high-risk health conditions and behavioral health, Marathon Health has your team covered.

Employee Health & Wellness

C O N F E R E N C E

Ohio's Premier Conference on Best Practices & Successes in Promoting a Workplace Culture of Employee Health, Wellness & Wellbeing

Tuesday, August 23, 2022

Embassy Suites Columbus Airport, 2886 Airport Drive, Columbus 43219

(Near the intersection of I-670 at Cassady Avenue)

7:45 a.m. **Registration, Displays Open & Healthy Breakfast Break**  **fitbit** | HEALTH SOLUTIONS
sponsored by Fitbit Health Solutions

8:45 a.m. Conference General Session

8:45 a.m. **General Session - Conference Welcome & Introductions**

8:55 a.m. **Best-in-Class Wellness Programs ... Best Practices in Promoting a Workplace Culture of Employee Wellbeing from One of the Healthiest 100 Workplaces in America; #1 Rated, Midsized Companies in Central Ohio; and Healthy Business Council of Ohio (HBCO) Worksite Best-in-Class, Platinum Award Winner**



Jillian Jacobs
Wellness Program Manager
Hitachi Astemo Ohio Manufacturing, Inc.
Sunbury

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-in-Class Wellness Programs... Successes at Achieving a Culture of Employee Health, Wellness & Wellbeing, Employee Engagement & Participation and the Financial Benefits of a Healthy Workforce

- Valuable insights from two Healthy Business Council of Ohio (HBCO) Worksite Wellness Platinum Award Winners (*large business – over 1000 employees*)

Brenda Bodenmiller, *BSN, Manager, Employee Health & Wellness & Angy El-Khatib, MPH, CHES, Health & Wellness Coordinator, Premier Health Services, Inc.*, Dayton and Jennifer A. Bennett, *Executive Director of Wellbeing, Ohio University*, Athens

B. Wellness Programming – Practical Tips to Fight the Obesity Epidemic with 74% of Americans Being Either Obese or Overweight

- Easy & practical tips to help lose 5-10% of one's weight to substantially reduce many health problems from a weight-loss physician who is empathic, entertaining, and animated. Critical components to successful weight management and actionable steps to take to manage weight.

Angelice Alexander-Martin, *MD, Pro-Health Services*, Columbus

C. Fundamental Practices – Practical Tips for Making Your Wellness Initiative Work Well

- From one of Central Ohio's Healthiest Employers, how to put together an award-winning program and rebuilding coming out of the pandemic. Wellness platforms and using employee incentives. Top wellness trends. How to increase employee engagement and understand your corporate culture.

Quincy Williams, *Wellness Program Manager, Columbus Metropolitan Housing Authority*, Columbus

D. Advanced Practices – Workforce Wellbeing in a Post-Pandemic World ... How to Meet Evolving Workforce Needs with Holistic Wellbeing Strategies

- Mental health issues have reached the breaking point with American Psychological Association declaring a national **mental health crisis** that could impact serious health & social consequences for years to come. **Physical health is suffering** too ... 46% decreased physical exercise, 50% increased video/TV watching and 25% increased in use of alcohol & drugs. Recent statistics on how the pandemic has shaped employee health and workplace expectations. Best practices for taking a holistic approach to workforce wellbeing in core areas like stress, sleep, nutrition, and physical activity. How to implement flexible best practices and strategies that can adapt as the post-pandemic world stabilizes

Bryce Rausch, *Director, Health Solutions, Fitbit Health Solutions*, San Francisco, CA

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-in-Class Wellness Programs... Successes at Achieving a Culture of Employee Health, Wellness & Wellbeing, Employee Engagement & Participation and the Financial Benefits of a Healthy Workforce

- Valuable insights from two Healthy Business Council of Ohio (HBCO) Worksite Wellness Platinum Award Winners (*medium business - 300 to 1000 employees*)

Robert McGee, *Wellness Team Leader & USW Wellness Team/Fitness Center Committee Chairman* and Ashley Meier, *Environmental Health & Safety Associate, Owens Corning*, Newark and Teri Laurer, *MSN RN, Director, Wellness and Occupational Medicine, Wood County Hospital*, Bowling Green

Employee Health & Wellness

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Ohio's Premier Conference on Best Practices & Successes in Promoting a Workplace Culture of Employee Health, Wellness & Wellbeing

TUESDAY, AUGUST 23, 2022

11:15 a.m. to 12:30 p.m. Concurrent Workshops *Continues*

F. *Employee Engagement – Engaging Employees in the Post-Pandemic Era through Technology*

- Valuable insights on how technology engages & connects employees working in different settings – virtual hybrid, onsite – and best serves everyone's health and wellness needs. How to integrate cutting-edged wellness technology into your "new" workplace culture.

Rich Siegenthaler II, *MEd, CBP, Senior Vice President, MediKeeper, Inc., San Diego, CA*

G. *Best Practices – Data-Driven Wellness Programs Mean Better Design, Communications, and Incentives. How to Use Data for a Wellness Strategy That Gets Results*

- Developing a roadmap for designing and implementing a data-driven wellness program that achieves measurable health improvements as well as financial ROI. Wellness programs that are impacting employers' bottom lines and case studies that demonstrate the importance of organizational culture, a comprehensive wellness roadmap, and employee engagement that weaves together technology and "boots on the ground" interaction (*such as health coaching*). Develop the right strategy & solutions to produce measurable results.

Denise Flickner, *Founder and CEO, Health Works, Cincinnati* and Rakel Keane, *MPH, Health Management Director, HORAN, Cincinnati*

H. *Advanced – A New 'Model' for Better Employee Health & Wellness ... Focusing on Outcomes with Lower Costs, Not More Healthcare*

- Insights into the future of employee healthcare — and better patient health at lower costs — and how it is achievable in the present with a new model of care. **More Access** — onsite, network and virtual care; **65%+ Engagement** with at-risk employees with chronic health conditions; **High Satisfaction** — 95% of members rate providers as excellent or good; 98% Client retention rate; 92% industry leading provider retention rate. Collaborative innovation.

Bruce Hochstadt, *MD, Executive Vice President, Marathon Health, LLC, Indianapolis*

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.

- Columbus & Central Ohio
- Cleveland, Akron/Canton & NE Ohio
- Cincinnati & Southwest Ohio
- Dayton & West Central Ohio
- Toledo & Northwest Ohio
- East Central Ohio
- Southeast Ohio

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

I. *Ohio Healthiest Employers – Best-in-Class Wellness Programs ... Successes at Achieving a Culture of Employee Health, Wellness & Wellbeing, Employee Engagement & Participation and the Financial Benefits of a Healthy Workforce*

- Valuable insights from two Healthy Business Council of Ohio (HBCO) Worksite Wellness Platinum Award Winners (*large business – over 1000 employees*)

Heather Shuster, *MS, Manager, WorkFORCE Wellness, Genesis HealthCare System, Zanesville* and Tina Thornton, *Associate Vice President, Wellbeing & Safety, Nationwide Insurance, Columbus*

J. *Fundamental Practices – Developing a Culture of Wellness in Manufacturing*

- An award-winning transformation from unawareness to over 80% participation in health & wellness services & programs. Developing a cross functional position that impacts you HR, WC, safety, health & medical teams. How on-the-floor engagement leads to an improvement in employee health & safety. Effective ways to communicate & promote health & wellness education & activities – ensuring in high participation. Proven methods of decreasing injuries related to sprains, strains & overexertion. Creative program & incentives to engage employees to participate

Paul Lutz, *Senior Account Manager, and Jackie Kendziorski, Wellness Coordinator, Everside Health, Akron*

K. *Employee Engagement – Wellness at Work 2.0: Exploring What's New & Meaningful in Workplace Wellness*

- Workplace and workday were forever changed effective March 2020. Evolution of wellness and ideas for implementing new/improved programs & services for employees' benefit physically, mentally, emotionally and beyond. Changes to the workplace, workday and employees' needs. What's now needed - specific strategies and solutions for implementation with the intention to add massive value to employees' lives. Problem-solve and group discussion on remanding challenges currently impacting the effectiveness of current wellbeing initiatives

Katy Tombaugh, *Founder & Chief Executive Officer* and Lara Uher, *LISW-S, Mental Health Specialist, Wellness Collective, Westerville*

L. *Wellness Programming – Post Pandemic with Mental Health & Wellbeing in a Crisis Mode ... How to Create a Brain-Healthy Workplace That is More Productive*

- 21st Century technology revolutionized the world of mental health conditions and brain science. From the author of a new book, *Healing the Human Brain*, how to create a brain-healthy workplace ... practical, entertaining & humorous session with valuable information that you can use immediately within the workplace and for yourself.

Scott Warrick, *JD, MLHR, CEQC, SHRM-SCP, and CEO, Scott Warrick's HR Consulting & Employment Law Services, Reynoldsburg*

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TUESDAY, AUGUST 23, 2022 *Continues*

2:45 p.m. Visit the Displays and Healthy Afternoon Refreshment Break
Sponsored by Marathon Health



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

M. Ohio Healthiest Employers – Best-in-Class Wellness Programs... Successes at Achieving a Culture of Employee Health, Wellness & Wellbeing, Employee Engagement & Participation and the Financial Benefits of a Healthy Workforce

- Valuable insights from two Healthy Business Council of Ohio (HBCO) Worksite Wellness Platinum Award Winners (*small business – under 300 employees*)

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. Best Practices – 2022 Employee Wellness Trends and Creating Competitive Employee Benefit Plans to Attract & Retain Talent

- Comprehensive findings on best practices in employee wellbeing and where companies are investing their wellness resources. **Rising Stars** ... benefits that will attract larger investments include mental health (90%), telemedicine (80%), stress management and resilience (76%), and mindfulness & meditation (71%). **Falling Giants** ... employers are investing less in on-site fitness classes (63%), health fairs (59%), free healthy food/stocked kitchens (54%), and biometric screenings (50%), How to create a competitive benefits plan that attracts and retains talent in 2022.

Nick Patel, *CEO & Founder*, **Wellable Labs LLC**, Boston, MA

O. Employee Engagement – Letting Go of Predictability: Engage, Empower & Elevate Your Team

- In times of perpetual and pervasive change, leaders are being called to find opportunities in the chaos. Letting go of predictability expands the capacity to spark change while empowering those accountable for implementing the change. Manage in times of tremendous change both internally and externally. Use of best-in-class practices to maximize employee engagement. Balance big-picture thinking with real-world implementation

Kris McGuigan, *Founder & CEO*, **Professional Courage**, Broadview Heights

P. Wellness Programming – Overcoming Chronic Musculoskeletal (MSK) Pain ... Utilizing Technology to Diagnose, Predict and Resolve MSK Pain

- Technology and acceptance of virtual delivery of care has led to the explosion of MSK-focused companies. Addressing MSK, including cost of traditional care, risk of opioid addiction and presenteeism. Cost-effective approaches to getting people out of pain quickly without drugs, how their approach identifies areas of weakness and optimizes performance. Data pilot programs.

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

It's Easy to Register for the Ohio Employee Health & Wellness Conference

Investment: \$445/ Person or \$365 Per Person for 2/More
Register early! Fee of **\$445** includes expert instruction for continuing education credit, access to all presentations, luncheon, breakfast, and breaks. **Big savings ... send two or more** to reduce the fee to **\$365** per person. A confirmation will be emailed to all who register. When registering, please indicate any special needs, including dietary restrictions.

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 - Manufacturers' Education Council
5050 Pine Creek Drive, Suite A, Westerville, OH 43081-4852

Location & Lodging:

Embassy Suites Columbus Airport, 2886 Airport Drive (near I-670 at Cassady Ave.), Columbus 43219. For overnight lodging for the evening of August 22, 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 **\$145** for a two-room suite with a separate living area & complimentary cooked-to-order breakfast and complimentary nightly Manager's reception prior to **August 1**.

Display Opportunities:

There are limited display opportunities For **\$1295**, you can market your products & services to over 150 HR directors/managers, benefit administrators and wellness professionals.. The display registration form is available on the [conference web page](#).

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

- A. Healthiest Employers - Lg.
- B. Fighting the Obesity Epidemic
- C. Fundamental Tips/Wellness
- D. Holistic Wellbeing Strategies

11:15 a.m. to 12:30 p.m.

- E. Healthiest Employers - Medium
- F. Engaging Employees/Technology
- G. Data-Driven Wellness Programs
- H. Outcomes with Lower Costs

Luncheon Roundtables

- 1. Central Ohio
- 2. Northeast Ohio
- 3. Southwest Ohio
- 4. West Central Ohio
- 5. Northwest Ohio
- 6. East Central Ohio
- 7. Southeast Ohio

1:30 p.m. to 2:45 p.m.

- I. Healthiest Employers - Large
- J. Wellness in Manufacturing
- K. Wellness at Work 2.0
- L. Brain-Healthy Workplace

3:00 p.m. to 4:15 p.m.

- M. Healthiest Employers - Small
- N. Trends/Attract & Retain Talent
- O. Engage, Empower & Elevate
- P. Resolve Chronic MSK Pain

REGISTRATION FORM

REGISTRANTS
Names/Titles

E-Mail Addresses

A-D

E-H

Session Preference

1-7

I-L

M-P
