



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

**16<sup>TH</sup> ANNUAL OHIO**

# **Employee Health & Wellness**

**C O N F E R E N C E**

**Tuesday, August 29, 2023**

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



**Marathon  
Health**



**Best Practices, Best-in-Class & Successful Wellness & Wellbeing Initiatives**  
**Importance of Sleep ■ Tips to Fight the Obesity Epidemic**  
**Initiatives that Engage Employees ■ Population Health Approach**  
**Building a Solid Workplace Culture ■ Data-Driven Wellness Programs**  
**Role of Leadership ■ Managing MSK Costs**  
**The Science of Happiness ■ Emotional Freedom Techniques**  
**Building a Workplace for Mental Wellness**

# 16th Annual Ohio Employee Health & Wellness Conference

Putting mental health at the center of workplace policies is more important than ever as the nation grapples with financial stressors, shifts in workplace culture exacerbated by the pandemic, and growing concerns about stress among Americans. Extensive psychological research shows the importance of providing mental health coverage, appropriate training for employees, flexible work options, and equity in the workplace, among other evidence-based tactics to improve the workplace.

*“A healthy workforce is the foundation for thriving organizations and healthier communities,”* said U.S. Surgeon General Vivek Murthy, MD. “As we recover from the worst of the pandemic, we have an opportunity and the power to make **workplaces engines for mental health and well-being.**”

**A happy, healthy workforce is good for employees and the bottom line.** The American Psychological Association’s Striving for Mental Health in the Workplace initiative, launched in May 2022, found employees with **high levels of stress** are more likely to miss work or to show lower engagement and commitment while at work, which can negatively affect an organization’s bottom line. Even before the pandemic, employee stress levels were high. A 2018 analysis found the estimated cost of job stress nationwide may be as much as **\$187 billion**, with 70% to 90% of those losses resulting from declines in productivity—and the pandemic has only worsened the situation.

In this rapidly-changing world, the 16th Annual Ohio Employee Health and Wellness Conference is a must-attend event. At the 2023 conference, there’s a plethora of speakers from award-winning, Healthiest Employers, to learn from, network with and share experiences, face-to-face.

**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



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.

## 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](http://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 Cassidy Ave.), Columbus 43219.** For overnight lodging for the evening of August 28, please either use the online link on the [MECseminars.com](http://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 **July 29**.

### Display Opportunities:

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

## REGISTRATION FORM

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

- A. Healthiest Employers - Large
- B. Importance of Sleep
- C. Value-Based Care
- D. Mental Health & Wellbeing

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

- E. Healthiest Employers - Medium
- F. Re-energize Wellness Program
- G. Solid Workplace Culture
- H. Data Analytics/Wellness

### 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. Fighting the Obesity Epidemic
- K. Science of Happiness
- L. Leadership Role

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

- M. Movement Health Strategy
- N. Emotional Freedom Techniques
- O. Managing MSK Costs

### REGISTRANTS

Names/Titles

E-Mail Addresses

A-D

E-H

I-7

I-L

M-O

Names/Titles	E-Mail Addresses	A-D	E-H	I-7	I-L	M-O

# 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 29, 2023**

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**  
Sponsored by Marathon Health



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

8:45 a.m. **Conference Welcome & Introductions**

8:55 a.m. **Putting Mental Health at the Center of Workplace Policies as a Healthy Workforce is the Foundation for Thriving Organizations & Healthier Communities ... 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. **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 & Well-Being, 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*)

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. Wellness Programming – Importance of Sleep for Employee Health, Productivity & Wellbeing ... Best Workplace Practices to Keep Your Employees Productive**

- Sleepiness in the workplace, cost of a sleepy company, and current state of America's sleepy workforce. Insights into common disorders and use of technology to monitor sleep. Best practices to keep employees productive & alert.

Dr. Asim Roy, *Board Certified in Sleep Medicine and Neurology, Medical Director, Ohio Sleep Medicine Institute*, Dublin and Rob Kibler, *Partner, Ohio Sleep Treatment*, Westerville

**C. Fundamental Practices – Focusing on Employee Health & Wellness/Prevention ... Value Based Care through Population Health Management**

- Population health approach emphasizes a focus on the health of populations, rather than the health of individuals. Insights into strategies that integrate all aspects of wellbeing initiatives and proven methods lower or stabilize healthcare costs. Components of Population Health Management, managing risks and specialty drugs. Case studies

Alberta Manga, RN, *Director, Medical Risk Management* and Amanda Guinan, *Vice President, Custom Design Benefits*, Cincinnati

**D. Advanced Practices – Building a Workplace for Mental Wellness: Strategies and Managing Options**

- Panel insights on employer strategies for engaging employees and building a healthy workplace. Learn how to offer better access to high quality care that offers a coordinated care approach. Walk away with advice for demonstrating the return on investment you see with an employer healthcare model

Erin Thase, Ph.D., *National Director for Behavioral Health, Marathon Health, LLC*, Indianapolis

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

TUESDAY, AUGUST 29, 2023 continued

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 & Well-Being, 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*)

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. Employee Engagement –Re-energize Your Wellness Program for Better Employee Engagement**

- Valuable insights from a Healthy Ohio award winner on using proven principles for the results you want ... better engagement, heighten retention, and a sustainable culture of health for your company. Case studies in manufacturing, construction and health care. Total Worker Health® Toolkit will be provided.

Shanna S. Dunbar, *Certified Occupational Health Nurse, Workplace Health Inc.*, North Royalton

**G. Best Practices – Is Your Culture Helping or Hurting Your Wellness Efforts? Building a Solid Workplace Culture to Support Employee Wellbeing**

- Assessing leadership's role in setting your culture ... is there a gap between what your employees think your culture is and what it is? How to assess your culture and how to use the information to improve your employee wellbeing program. How to focus on the whole-person wellbeing ... physical, emotional, work and financial wellness ... to build connection & trust.

Denise Flickner, *Founder and CEO & Anne-Marie Farley, Director of Marketing, HealthWorks*, Cincinnati

**H. Advanced Practices – What Does Artificial Intelligence & Data Analytics Mean for Your Wellness Programming?**

- Valuable insights into the many tools available to help organizations achieve optimal results for their wellness programming in terms of outcomes, value and return on investment, including two popular strategies on helping you create, and evaluate your wellness strategy.

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 Healthy Ohio Regions

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

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

Jessica McCurdy, *Employee Wellness Administrator, Franklin County Cooperative*, Columbus and Diane L. Pipes, *LISW-S, Corporate Health Manager of Wellbeing Services, TriHealth*, Cincinnati

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

TUESDAY, AUGUST 29, 2023

1:30 p.m. to 2:45 p.m. Concurrent Workshops *Continued*

**J. Wellness Programming – 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**

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

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

**K. Employee Engagement – The Science of Happiness ... Use Happiness Strategies to Shape Business Culture and Performance**

- Employee satisfaction matters. Learn how it can be nurtured & improved with positive interventions. Explore opportunities for employee engagement and how to create a high-performing workforce. Understand the relationship between health habits and happiness.

Katy Tombaugh, *Founder & Chief Executive Officer* and Emma O'Keefe, *Wellness Specialist, Wellness Collective*, Westerville

**L. Best Practices –How Re-imagining the Role of Leadership Development can Unlock Greater Wellbeing at Work**

- As more organizations begin to prioritize mental health at work, effective leadership skills may be the best medicine to heal an ailing workforce. How a focus on leadership development can support the success and vitality of your organization through times of constant change and disruption. Identify leadership skills and competencies that can build a healthy and inclusive workplace culture. How OhioHealth is successfully leveraging their Leadership Academy to support employee wellbeing.

Alice Wheeler, *Vice President, Talent and Organizational Effectiveness* and Bridgette McCullough, *Customer Strategy Advisor, OhioHealth*, Columbus

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

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

3 Concurrent & Interactive Workshops

**M. Best Practices – Lead with Movement as a Total Workplace Health Strategy**

- Valuable insights into challenges faced by traditional workplace wellness programs to alleviate the burden of musculoskeletal disorders; a flow chart for lead with movement health; event logistics for traditional wellness versus movement screen biometrics; outcomes and benefits for movement screens; and a business case application to promote total musculoskeletal health.

Dr. Rick Wickstrom, *PT, DPT, CPE, CME, Founder and President, WorkAbility Systems, Inc.*, West Chester

**N. Wellness Programming – Emotional Freedom Techniques (EFT) Tapping ... a Fast & Weird Way to Calm Down, Feel Great and Succeed**

- Insights into EFT and how it calms the brain, relieves discomfort and supports productivity. Best practices for workplaces to help you and your employees. Research highlights and resources for leaders, practitioners and the public. Experience an EFT demonstration for stress relief.

Betsy Muller, *EFT International Master Trainer, MBA, CEHP, ACP-EFT, The Indigo Connection LLC*, Strongsville

**O. Employee Engagement –Managing Chronic Musculoskeletal (MSK) Costs ... Take the Pain Out of MSK by Optimizing Employee Engagement**

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

Kelly Burchett, *Vice President* and Dr Chris Cato, *Chief Population Health Officer, Airrosti*, Ohio & Texas

4:15 p.m. Adjournment