**2nd National Workplace Health Summit**  
*Making Worksite Health Work: Metrics, Implementation Strategies, and Partnerships to Increase Impact*  
**Hilton Riverside New Orleans – The Chart Ballroom**  
**November 11th, 2016, 8:00AM – 3:00 PM**

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<th>TIME</th>
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<td>8:00 – 8:30 AM</td>
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| 8:30 – 9:30 AM  | **WELCOME & OPENING REMARKS**                                                      | Eduardo Sanchez, MD MPH  
Chief Medical Officer for Prevention  
Chief, Center for Health Metrics  
and Evaluation  
American Heart Association  
Ron Z. Goetzel, PhD  
Director, Institute for Health & Productivity Studies  
Johns Hopkins University  
VP, Consulting & Applied Research  
Truven Health Analytics |
|                 | **OPENING KEYNOTE**                                                                 |                                                                                                |
|                 | *Do Workplace Wellness Programs Work?*                                              |                                                                                                |
|                 | The efficacy and cost-benefit of workplace health promotion and disease prevention programs has recently been debated. Some critics cast doubt on the very core of worksite wellness efforts and argue against the benefits of prevention and health promotion, creating confusion. They argue against programs’ health benefits, question the validity of ROI estimates, and aim to restrict the use of outcomes-based wellness incentives. These criticisms have created confusion in the market. This session will:  
- Re-state the business case for adopting evidence-based, comprehensive & well-resourced workplace health programs  
- Review the methods used to evaluate programs in “real world” setting  
- Acknowledge the limitations of “average” programs that may not produce expected outcomes. The Highlight the “top ten” elements essential for effective wellness programs.  
- Review value-on-investment (VOI) approaches to assess workplace programs in contrast to the traditional return-on-investment (ROI) models  
- Discuss implications for public policy, especially in light of provisions in the Affordable Care Act | 
|                 |                                                                                     |                                                                                                |
| 9:30 – 9:50 AM  | **CASE STUDY: ADVOCATE HEALTH CARE**                                                | Teresa Taylor-Dusharm, MS  
Director, Advocate at Work  
Advocate Health Care |
|                 | *How a Large Integrated Health System Enhances Worksite Care Delivery*              |                                                                                                |
|                 | This session will provide an overview of key critical success factors implemented to maximize employer health outcomes. |                                                                                                |
| 9:50 – 10:10 AM | **CASE STUDY: CHEVRON**                                                             | Noel Ryan, MEd  
HES Supervisor – Occupational Health Team Lead, Health and Wellness  
Chevron |
<p>|                 | <em>Promoting Health &amp; Wellness in Remote Populations</em>                                |                                                                                                |
|                 | This presentation explores how Chevron has taken a multi-year approach to a business opportunity that enables fitness for duty in a remote workforce working on offshore oil production platforms in the Gulf of | |</p>
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| 10:10 – 10:25 AM | **CASE STUDY: BAPTIST HEALTH MEDICAL GROUP**  
*Optimizing Cardiovascular Health in Employee Population*  
This presentation describes the journey taken by a Baptist Health Medical Group to apply Life’s Simple 7 – the American Heart Association definition of ideal heart health – in an employee setting:  
- Discuss the rationale for focusing on CVH to improve population health  
- Describe barriers to access of employee health data and developing consensus among varying spectrum of stakeholders to develop infrastructure for surveillance  
- Highlight insights from longitudinal assessment of CVH status in a large employee population  
- Detail impact of knowledge generation in refining employee population management and care pathways |

Khurram Nasir, MD MPH  
Medical Director, Center for Healthcare Advancement & Outcomes  
Director, High Risk Cardiovascular Clinic  
Baptist Health Medical Group

| Time         | **CASE STUDY: FRANCISCAN HEALTH & WELLNESS**  
*A Healthy Approach to Care Transformation: Practical Solutions for Population Health*  
Learn more about an evidence-based, hands-on approach to health and well-being, which leverages key principles of population health and fosters collaboration between employers and health care providers. |
|-------------|--------------------------------------------------------------------------------|

Jeff L. Soileau, MS  
Senior Consultant and Health and Wellness Program Manager  
Healthy lives  
Franciscan Health and Wellness Services

| Time         | **PANEL DISCUSSION: CROSS-CUTTING ISSUES**  
This discussion and audience Q&A will explore issues highlighted by the four case study presentations. |
|-------------|--------------------------------------------------------------------------------|

Moderator:  
Ross Arena, PhD PT FAHA  
Head, Professor, Department of Physical Therapy  
University of Chicago Illinois  
Chairman, European Society of Preventive Medicine

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| 11:45 AM – 12:00 PM | **MODERATED SESSION**  
*Strategies for Small & Medium Sized Organizations*  
**Session 1**  
*HealthLinks: Assisting Small Worksites to Adopt and Implement Evidence-based Wellness Strategies*  
HealthLinks is a workplace wellness intervention for small worksites co-developed by the American Cancer Society and the University of Washington Health Promotion Research Center. This presentation will present results from a study of HealthLinks that includes 72 small worksites in low-wage industries. We will also discuss the applicability of HealthLinks strategies to other workplace wellness interventions for small |

Moderator:  
Paul Terry  
President & CEO  
HERO (Health Enhancement Research Organization)

Presenters:  
Peggy Hannon, PhD MPH  
Director, Health Promotion Research Center  
University of Washington School of Public Health
### Session 2
**A Move from Passive to Proactive Wellness**

An overview of how Laitram addressed rising medical spend through a proactive wellness program that engages and creates accountability for its plan members.

**Franck LaBiche**  
HR Director & Corporate Counsel  
Laitram, LLC

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| 12:45 – 2:00 PM | LUNCH KEYNOTE SPEAKER  
*Health, Wellness and the Multi-Generational Workforce*  
Deana Percassi will provide insights from a new AHA CEO Roundtable and Nielsen Study highlighting the role that sleep, stress and well-being play among employees. This session will highlight:  
- Engagement in workplace health and well-being programs and outcomes of participation across generations  
- The importance of sleep, stress, mental, financial health to a broader concept of health and well-being  
- Generational communication preferences as well as the importance of senior leadership in employee engagement in employer-sponsored health promotion programs across generational segments  
- The role of technology and employers in health  
| Deana Percassi  
Vice President, Reputation and Public Relations Solutions  
Nielsen |  

| 2:00 – 2:45 PM | MODERATED SESSION  
*Reducing Health Disparities in the Workforce*  
Presentation:  
*An Employer Challenge: Wage Status and Healthcare Utilization Patterns*  
Employers have been challenged to manage rising health benefits costs. High deductible health plans and cost-shifting represent two commonly used tactics, but may make low wage earners particularly vulnerable due to out-of-pocket expenditures. With the Social Security Administration's acknowledgement that 51% of US adult workers earn less than $30,000/year, the affected population is substantial, also because they have a higher prevalence of health risks and chronic conditions. This session will provide new data regarding healthcare utilization patterns across the wage spectrum, identifying new opportunities for benefits design innovation.  
Panelists:  
- Khurram Nasir, MP MPH – Baptist Health Medical Group  
- Peggy Hannon, PhD – University of Washington  
- Mahasin Mujahid, PhD, MS – University of California, Berkeley  
| Moderator:  
Eduardo Sanchez, MD MPH  
Chief Medical Officer for Prevention  
Chief, Center for Health Metrics and Evaluation  
American Heart Association  
Presenter:  
Bruce Sherman, MD FCCP FACOEM  
Medical Director, Population Health Management  
Exchange Solutions, Xerox HR Services |  

| 2:45 – 3:00 PM | CLOSING REMARKS  
Donna Arnett, PhD MSPH FAHA  
Dean  
University of Kentucky  
College of Public Health  
Chair, Summit Program Planning Committee |