



## HEROForum22 Agenda\*

***How the Choices We Have Influence the Choices We Make: Diversity, Inclusion, and the Integration of Lifestyle Medicine and Population Health Promotion***  
**September 19-23<sup>rd</sup> at the Omni Amelia Island Resort**  
For more information visit the [Forum online](#).

### **Tuesday, September 20<sup>th</sup> – Forum22 Pre-Conference Events** (additional registration required)

#### **8:00 am – 1:00 pm ET – 2022 Healthcare Summit**

*The Great Healthcare Resignation: Leveraging Employee Well-being as Part of the Solution*

#### **9:00 am – 1:00 pm ET – Lifestyle Medicine Workshop**

*Integrating Lifestyle Medicine into the Workplace Through Health and Well-Being Offerings From Employers*

Led by: **Sara Johnson, PhD**, Pro-Change Behavior Solutions, Inc./HERO

Brought to you through a grant from the [Ardmore Institute of Health](#).

#### **2:00 – 5:00 pm ET – HERO Members-Only Fall Think Tank**

*Will new and emerging guidance improve employer efforts to advance workforce mental health?*

#### **7:00 – 9:00 pm ET – Forum Opening Reception** – open to all attendees, no additional registration required

### **Wednesday, September 21<sup>st</sup> – Forum22, Day 1**

#### **8:30 – 10:00 am ET – Opening Panel, General Session**

*Inclusive Lifestyle Medicine and Population Health*

**John Quelch, DBA**, University of Miami; **Dexter Shurney, MD**, Adventist Health, Blue Zones Wellbeing Institute; **Eduardo Sanchez, MD**, American Heart Association; Moderator: **Karen Moseley**, HERO

#### **10:20 – 11:20 am ET – Breakout Sessions/Learning Labs**

#### **11:25 am – 12:25 pm ET – Breakout Sessions/Learning Labs**

#### **1:30 – 2:30 pm ET – General Session**

*Inclusive Communications Strategies: How the choices we have influence the choices we make.*

**Jessica Halem, MBA**, University of Pennsylvania

#### **2:40 – 3:40 pm ET – Breakout Sessions/Learning Labs**

#### **4:00 – 5:00 pm ET – Breakout Sessions/Learning Labs**

#### **5:30 – 7:00 pm ET – HERO Workplace Health and Well-Being Awards Reception**

Brought to you by [WorkPartners](#).



## **Thursday, September 22<sup>nd</sup> – Forum22, Day 2**

### **9:00 – 10:15 am ET – General Session Panel**

*Lifestyle Medicine and Mental Health: The Lifestyle Medicine Research Summit Recommendations*

**Gia Merlo, MD**, New York University; **Alyssa Vela, PhD**, Northwestern University; **Michael Parkinson, MD**, P3 Health

### **10:35 am – 12:05 pm ET – Deep Dive Sessions**

*- Recharge Rooms: Integrating Neuroscience and Technology to Promote Employee Well-Being*

**Karen Alexander, MPA**, Johns Hopkins University School of Medicine; **Cheryl Connors, DNP**, Johns Hopkins Medicine; **David Putrino, PhD**, Icahn School of Medicine at Mount Sinai; **Mirelle Phillips**, Studio Elsewhere

*- The Construction/Role of a Culture of Health Annual Report*

**Ray Fabius, MD**, HealthNEXT; **Karen Sones**, First Horizon; **Craig Wright, CEBS**, Liscombe & Pitts; **Karen Personett**, DTE Energy

### **1:05 – 1:35 pm ET – C Everett Koop Awards**

### **1:35 – 2:35 pm ET – General Session Panel**

*Worksite Health Promotion Journal Club: Latest Research on Equitable Approaches to Lifestyle Medicine*

Moderator: **Sara Johnson, PhD**, Pro-Change Behavior Solutions, Inc./HERO

### **2:55 – 3:55 pm ET – Breakout Sessions/Learning Labs**

### **4:00 – 5:00 pm ET – Breakout Sessions/Learning Labs**

### **5:30 – 6:30 pm ET – HERO Playground**

## **Friday, September 23<sup>rd</sup> – Forum22, Day 3**

### **9:00 – 10:00 am ET – General Session Keynote**

*Is There a New Employer/Employee Social Contract?*

**Tami Simon, JD**, Segal

### **10:20 – 11:20 am ET – General Session Keynote**

*Breaking Stigma: Overcoming Cultural Barriers in Mental Health Program Engagement*

**Gretl Kruse, MHA**, Mayo Clinic; **Beba Tata, MPH**, Mayo Clinic

### **11:20 am – 12:00 pm ET – General Session, Wrap-up**

*Highlights and Key Takeaways from Forum22*

**Kerry Evers, PhD**, Pro-Change Behavior Systems, Inc.



### **Confirmed Breakout Sessions**

*Health Literacy 2.0 in the Workplace: Key to Engagement, Health Equity, and Improving Outcomes*

**Seth Serxner**, Seth Serxner, LLC; **Thomas Chamberlain**, EdLogics

*Evaluating an Intervention Addressing Health Disparities Among Lower Wage-Earning Employees*

**Kristi Jenkins**, University of Michigan

*Addressing the Heart and Soul of Employee Well-being*

**Jessica Grossmeier**, Jessica Grossmeier Consulting

*The University of Iowa is Enjoying a Recharge*

**Kerry Evers**, Pro-Change Behavior Systems, Inc.; **Megan Hammes**, University of Iowa

*Achieving Whole Person Health Through Lifestyle Medicine*

**Connor Santo**, AdventHealth; **Bryse Conner**, AdventHealth

*Driving Health Equity in the Workplace*

**Eduardo Sanchez**, American Heart Association

*Building a Culture of Health: Capturing Meaningful Employee Data*

**Annie Fitzgerald**, St. Louis Area Business Health Coalition; **Michele Bildner**, CDC Foundation; **Barrie McClune**, Ross Becker Group; **Stacy Becker**, Ross Becker Group

*How US Foods' Decreased MSK Surgery Medical Claims by 56%*

**Louis Dickey**, Hinge Health

*Fight Burnout and Build Resilience with Virtual Well-being*

**Juan Simons**, Florida Blue; **Sarah Ziemer**, Wellbeats

*Obesity and Health Disparities: Address Your Health Plan's Biggest Culprits*

**Martha Shepherd**, Vanderbilt Health at Metro Nashville Public Schools; **David Hines**, Metro Nashville Public Schools

*A Large Healthcare Organization's Approach to Diversity, Equity, and Inclusion and Psychological Health and Safety*

**Tyler Amell**, Pacific Coast University for Workplace Health Sciences/MediKeeper; **Dave Keen**, Fraser Health Authority

*Company Wellness Compliance Program Engages*

**Betsy Nota-Kirby**, Marsh McLennan Agency; **Jennifer Dale**, Marsh McLennan Agency; **Sonja Friedman**, Zenith Insurance Company; **Ivan Torres**, Marsh McLennan Agency; **Lisa Comerose**, Marsh McLennan Agency

*Novel Measures for Evaluating Workforce Health Equity at Kaiser Permanente*

**Maria Dee**, Kaiser Permanente; **Nicole VanderHorst**, Kaiser Permanente; **Benjamin Simons**, Kaiser Permanente



*Couching Coaching in Spirituality: A Legal Risk or Benefit?*

**Barbara Zabawa**, University of Wisconsin Milwaukee

*Altering Organization Performance Through Well-being*

**Ryan Wolf**, Gallup; **Dave Allman**, Careots

*Multigenerational lifestyle improvements through a plant-predominant eating approach.*

**Rebecca Kelly**, Element Health, Inc.; **Janet Calhoun**, Ardmore Institute of Health/Full Plate Living; Amy Hanus, Ardmore Institute of Health/Full Plate Living; **Pamela Payne-Foster**, The University of Alabama

*NIOSH Worker Well-Being Questionnaire (WellBQ)*

**Chia-Chia Chang**, National Institute for Occupational Safety and Health (NIOSH)

*Addressing the Personal, Social, and Organizational Determinants of Health*

**Vic Strecher**, University of Michigan School of Public Health/Kumanu; **Eric Zimmerman**, Kumanu

*Leading by Example: Measuring What Matters Addressing Workforce Social Needs/Determinants*

**Margaret Rehayem**, National Alliance of Healthcare Purchaser Coalitions

*Early Insights from a CDC Foundation Supported Employer Learning Collaborative*

**Ray Fabius**, HealthNEXT; **Michele Bildner**, CDC Foundation; **Neil Goldfarb**, Greater Philadelphia Business Coalition on Health

### **Confirmed On-Demand Breakout Sessions**

*From Table to Topsoil in the Midwest*

**Sam Dolezal**, Union Bank & Trust

*Healthy is Hard ... Equitable Health is Harder*

**Jesse Gavin**, Baylor College of Medicine; **Tanya Little**, Vitality Group

*How Engaging Diverse & Underserved Patients Can Help Heal Us*

**Deanna Hokanson**, Hennepin Healthcare; **Molly Hoff**, Hennepin Health

*Whole person data: Understanding and Addressing Social Determinants of Health*

**Heidi Orstad**, MMA

*Employers Take Note: Well-being in the Digital Age*

**Mary Mulcare**, Summus Global; **Raquel Harrison**, Yale-New Haven Hospital/Acute2Root

*The Air We Breathe, Population Health Promotion*

**Beth Campbell**, Timilon; **George Negron**, Timilon

*Using Technology to Improve the Health of Your Diabetics*

**Trent Tangen**, HealthCheck360; **Michael Kelly**, HealthCheck360