



WORKPLACE HEALTH SYMPOSIUM

CU ANSCHUTZ MEDICAL CAMPUS
FEBRUARY 7, 2017 7:15AM - 12:00PM

Wellness Past and Future: Best and Next Practices

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www.heart.org/Workplacehealth

AGENDA

7:15 AM - 8:00 AM	Registration Light Breakfast
8:00 AM - 8:10 AM	Welcome Remarks <i>Rob Andrew, Chair, Corporate Health Committee</i> <i>Colleen Reilly, Committee Member, Corporate Health Committee</i>
8:10 AM - 9:15 AM	Keynote <i>Dee Edington, Ph.D</i> <i>Founder and Chairman of Edington Associates, LLC</i>
9:15 AM - 9:25 AM	Mindful Moment <i>Grace Estripeaut, Founder - Boost Your Zen</i>
9:25 AM - 9:40 AM	Science of Workplace Health <i>Adela Santana, Program Evaluation Analyst</i> <i>American Heart Association</i>
9:40 AM - 9:50 AM	Break Expo Networking
9:50 AM - 10:30 AM	Breakout Session #1
10:30 AM - 10:40 AM	Break
10:40 AM - 11:20 AM	Breakout Session #2
11:20 AM - 11:30 AM	Break
11:30 AM - 11:55 AM	Dialogue with Dee
11:55 AM - 12:00 PM	Drawing and Closing Remarks

ADDITIONAL OPPORTUNITIES:

12:15 PM - 12:35 PM	Tour the Anschutz Health & Wellness Center
12:15 PM - 1:30 PM	Lunch with Dee Edington (Registration Required)



Welcome Remarks

As the Chair of the Corporate Health Committee, I want to welcome you to the American Heart Association's 2017 Workplace Health Symposium and thank you for your engagement. The Committee has worked hard to put together a wonderful day of conversation and resources that we hope you enjoy. Thank you to those listed below for all your hard work and dedication to this event.

Today, we are pleased to bring you Dr. Dee Edington, who is known by many as the "godfather of health-risk assessment", in his keynote address. Dr. Edington will share best practices he has learned in his tenure and give us a vision for where worksite health is headed.

In the innovative breakout sessions following the keynote address, workplace health leaders will share problem-solving strategies, emerging practices to integrate community and wellness, valuable low-cost resources, and tactics to ensure your associates are thriving in their workplace. By the end of today, I am confident that you will be equipped with strategies, resources, and innovative ideas to make extraordinary impact on your workforce's health outcomes and organizational health.

Every year, we aim to improve this event and can only do that with your engagement and your feedback. I invite you to network and share your ideas and experiences with the speakers and participants of this Symposium. We are all here because we share the passion and dedication to the best practices for the future of wellness and I look forward to us learning together.

All my best,

ROB ANDREW - Chair, Corporate Health Committee
Sr. Vice President,
Lockton Companies, LLC

Thank you to the Corporate Health Committee Members!

JAMIE ATLAS - Bonza Bodies Fitness, Owner & Corporate Wellness Consultant

LAUREN BRIGGS - City of Lakewood, Employee Wellness Coordinator

COLLEEN GRANDIS - Denver Public Schools, Wellness Program Manager

MICHELLE HAAN - School of Public Health Center for Health, Work, and Environment, Program Manager

ROBYN HARMON - Optum/Moment Health, Director of Client Development and Acquisition

JC HEINEN - Connected Executive Coaching, Executive Coach

BEV JACOBY - Cigna, Director of Client Engagement

LISA KWIECIEN - Interactive Health, Vice President of Business Development

BEN MILLER - Anthem Blue Cross and Blue Shield, Director of Sales

COLLEEN REILLY - Telligen, Vice President of Wellbeing

JANELLE ROSALES-VANACORE - TeleTech, Health and Wellness Manager

LOGAN SHAVER - Pinnacol Assurance, Wellness and Benefits Administrator

TRACY SHEA - Denver Health, Workplace Wellness Strategist

ANGIE VILLAMARIA - Centura Health, Associate Wellness Director

Dr. HOLLY WYATT, M.D. - Wellness Clinic at the Anschutz Health & Wellness Center, Scientific Advisor, Associate Professor of Medicine, Medical Director

KEYNOTE

Wellness Past and Future: Best and Next Practices

8:10 AM - 9:15 AM

Known to many as the "godfather of the health risk assessment", Dr. Dee Edington has an unrivaled depth of knowledge about workplace wellness. Learn how we can transform best practices, built on the evidence-based framework of corporate wellness, into next practices by applying them to real-world approaches for employee and organizational health.



Dee Edington , Ph.D
Founder and Chairman
Edington Associates, LLC

Dee Edington, Ph.D is the Founder and Chairman of Edington Associates, LLC. He is the Founder and Professor of the University of Michigan Health Management Research Center and was the Director of the Center until June 2011. In addition to his research and teaching, Dr. Edington spent 25 years in academic administration. Trained in mathematics, kinesiology and biochemistry, Dr. Edington received his B.S. and Ph.D degrees from Michigan State University and completed his M.S. at Florida State University. He did post-doctoral work at the University of Toronto and taught at the University of Massachusetts before going to Michigan in 1976.

Notes

CASE STUDY

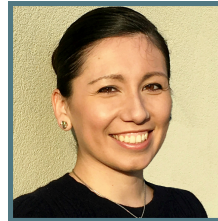
Science of Workplace Health

9:25 AM - 9:40 AM

Employee Health: Translating Research Into Practice

Action Items:

- Understand how strengthening the design, implementation and measurement of workplace wellness programs can improve the cardiovascular health of the American workforce. goo.gl/qjviu8
- Consult a suite of free evidence-based tools. goo.gl/zQmMr1
- Complete the Workplace Health Achievement Index. www.heart.org/workplacehealth



Adela Santana, MEd, MPH, CHES

Program Evaluation Analyst,
American Heart Association

Adela Santana, MEd, MPH, CHES is a Program Evaluation Analyst for the American Heart Association's (AHA) Center for Workplace Health Research and Evaluation where she supports the health metrics, program evaluation and research-related activities of the AHA in the workplace. Her responsibilities include managing continuous quality improvement of the Workplace Health Achievement Index, a science-based measure of employee heart health based on the AHA's Life's Simple 7 (LS7) metrics that organizations can use annually to assess the quality, comprehensiveness and effectiveness of their workplace health programs. She also provides scientific support to the CEO Roundtable, 26 Fortune 500/1000 CEOs committed to creating a culture of health to improve employee health.

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BREAKOUT SESSION A

Design Thinking for Wellness

How might we re-imagine how we design solutions for workplace wellness? Session attendees will be guided through an experience in design thinking to collectively generate creative ideas and strategies to breathe fresh life into workplace wellness. Come prepared for an interactive experience in creative thinking and leave with a new process you can take back to your team to generate innovative, employee-centered programs and initiatives.

Action Items:

- Watch this video as a recap of what you've learned. (<https://vimeo.com/37861987>)
- Research a problem that you need to solve.
- Conduct a Design Studio with your team.

Notes



Erica Ellis
Senior UX Designer Designer,
Pivotal Labs



Chris Alvarez
Staff UX Designer,
Pivotal Labs

BREAKOUT SESSION B

Linking Community and Workplace Health Promotion

Employers would benefit to extend their initiatives to address environmental and social drivers of workforce health. Some of those drivers include family engagement, remote employees, transportation, education, housing, and other community health investments. This forum will engage attendees in a discussion on the importance of moving beyond the walls of your worksite to impact workforce and community health.

Action Items:

- Brainstorm one way in which your organization can take action.

- Reference these key resources to learn more:
 - Healthy Workplaces Healthy Communities (get-hwhc.org)
 - Robert Wood Johnson Foundation Culture of Health Action Framework (www.cultureofhealth.org)
 - County Health Rankings & Roadmaps (countyhealthrankings.org)

- Attend the Colorado Culture of Health Conference on April 12, 2017 to hear from a panel of local employers who are prioritizing their collaboration between workforce and community health. (www.coloradocultureofhealth.org)



Marissa Kalkman
Account Executive,
Health Risk Solutions,
Lockton Companies

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BREAKOUT SESSION C

Free and Low-Cost Community Resources

Join the following organizations in a discussion around what tools are available for free or at low cost to help improve the health of your workforce. Participants will leave this session with resources and opportunities to consult with the organizations in order to impact their workforce health.

- American Heart Association
- Pinnacol Assurance
- Health Links

Action Items:

- Discuss what a culture of wellness and safety means to your organization and identify ways that you have or will integrate with wellness with safety.
- Understand the value of investing in health and wellness at work by looking at the latest evidence: <http://goo.gl/ONHOnx>
- Connect with like-minded businesses and low cost resources in your community that can help support workplace health and wellness. www.healthlinkscertified.org/healthy-business/case-studies

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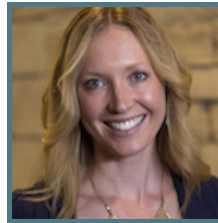
MODERATOR :

Rob Andrew
Sr. Vice President,
Lockton Companies



PANELISTS :

Karen Curran
Director of Worksite
Wellness,
Pinnacol Assurance



Lili Tenney
Deputy Director
Center for Health, Work
and Environment



Adela Santana
Program Evaluation Analyst,
American Heart Association

BREAKOUT SESSION D

Surviving to Thriving: *How to inspire, connect and truly engage employees in their personal and professional well-being*

Have you ever wondered what steps to take to improve the engagement within your organization? How can you really tell if a person or the culture are thriving? Or perhaps, what the true connection is between well-being and engagement in a thriving culture? If you answered yes to any of these, then this panel is for you.

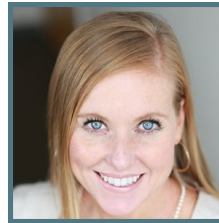
Action Items:

- Engage your leadership to positively impact your wellness program with these three steps:
 - Provide them with the WHY
 - Teach the HOW
 - HELP them – invite them and ask them

- Watch Ted Talks about thriving cultures:
 - Simon Sinek - Start with Why (<http://goo.gl/EZLWUQ>)
 - Daniel Pink - Drive: The Surprising Truth About What Motivates Us: <http://goo.gl/aJLr1r>
 - Rosie Ward - How to Build a Thriving Culture at Work: <http://goo.gl/dL46eC>

- Read Key Resources
 - Thrive by Ariana Huffington
 - How to Build a Thriving Culture at Work by Rosie Ward & Jon Robison
 - Start With Why by Simon Sinek
 - Drive: It's All about Autonomy, Mastery and Purpose by Daniel Pink

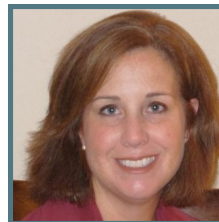
Notes



MODERATOR:
Colleen Reilly
VP, Well-Being,
Telligen



PANALISTS:
Evan Roth
Executive Coach,
Roth Consultancy
International



Tracy Shea
Workplace Wellness
Strategist,
Denver Health