



# 2013 Health Care Provider Wellness Conference

*Wellness, Work & Community: Strategies for Sustainable Cultural Change*  
June 13-14, The Westin San Diego

## MEETING AGENDA\*

### THURSDAY, JUNE 13

- 6:30 – 8:00 a.m. **Registration/Continental Breakfast/Visit with Exhibitors**
- 7:30 – 8:00 a.m. **Wellness Activity (Warm-Up) - Zumba Fitness**  
Toby Wells YMCA of San Diego County
- 8:00 – 8:25 a.m. **Welcome**  
Hamilton Mears, 2013 HASC Wellness Committee Chair and Administrator, Scripps Wellness  
Steven Escoboza, President and CEO, Hospital Association of San Diego and Imperial Counties
- 8:30 – 9:45 a.m. **Then, Now and in a Galaxy Far, Far Away**  
Lee Dukes, President, Principal Wellness Company
- 9:45 – 10:15 a.m. **Break/Visit with Exhibitors**
- 10:20 – 12:00 p.m. **The Art and Science of Engagement: Exploring Common Pathways to Well-Being**  
Timothy L. Newman, MD, Medical Director, FirstEnergy  
**Total Employee Well-Being: Integration and Engagement as Key to Workforce Health and Productivity**  
Tammy Green, MPH, CHES, Director, Well-Being & Absence Management, Providence Health & Services
- 12:00 – 1:15 p.m. **Lunch/Visit with Exhibitors**
  - 12:30 – 12:55 – Exhibitor Drawings/Special Announcements
- 1:15 – 1:45 p.m. **Wellness Activity - Get Worked Up! Have Fun, Stay Fit, and Relieve Stress at the Office**  
Melanie Cumbee, Manager, The Good Life, MemorialCare Health System
- 1:50 – 3:05 p.m. **What's the Value of the Investments Your Company is Making in Health? Your CFO Will Be Asking Soon**  
Tom Parry, PhD, President and CEO, Integrated Benefits Institute
- 3:05 – 3:30 p.m. **Break/Visit with Exhibitors**
- 3:35 – 5:00 p.m. **Breakout Sessions (Presentation/Panel)**
  - **Session A: Building an Employee Wellness Program: How to Start, How to Sustain**  
Rick Hecht, MFT, Director, Southern California, HealthWorks Consulting and Customer Support, Kaiser Permanente
  - **Session B: Integrating Blue Zones' Concepts into a Well-Being Strategy**  
Antonio Linares, MD, RVP, Medical Director, Anthem Health and Wellness Solutions
  - **Session C: Mayo Clinic Healthy Living Program – Expertise, Innovation, Best Practices, Outcomes Research, and What It Can Bring to Your Organization**  
Philip Hagen, MD, Medical Director, Mayo Clinic EmbodyHealth, and Vice Chair, Division of Preventive, Occupational and Aerospace Medicine, Mayo Clinic
- 6:30 – 8:30 p.m. **Dinner**

### FRIDAY, JUNE 14

- 6:30 a.m. **Fun Walk/Run presented by Toby Wells YMCA of San Diego County**
- 7:00 – 8:30 a.m. **Breakfast**
- 8:35 – 9:05 a.m. **Insights and Outlook: Worker Fatigue**  
BJ Bartleson, RN, MS, NEA-BC, Vice President, Nursing and Clinical Services, California Hospital Association  
Gail Blanchard-Saiger, Vice President, Labor and Employment, California Hospital Association
- 9:05 – 11:05 a.m. **Diet and Obesity: The Connection and State of the Science**  
Gary Taubes, Journalist and Co-Founder, Nutrition Science Initiative  
**The Straight Dope on Cholesterol**  
Peter Attia, MD, President/Co-Founder, Nutrition Science Initiative
- 11:05 a.m. – 12:35 p.m. **Trial and Error in Workplace Wellness**  
Christopher Scanlan, Partner, Arnold & Porter LLP
- 12:35 – 12:40 p.m. **Wrap-Up**
  - Hamilton Mears, 2013 HASC Wellness Committee Chair and Administrator, Scripps Wellness

\*Agenda subject to change. Session descriptions can be viewed online at [www.hasc.org/2013WellnessConference](http://www.hasc.org/2013WellnessConference).