

2013 HASC
Health Care Provider
Wellness Conference

June 13-14
The Westin San Diego

*Wellness, Work & Community:
Strategies for Sustainable
Cultural Change*

Attendee Information





WELLNESS, WORK & COMMUNITY: STRATEGIES FOR SUSTAINABLE CULTURAL CHANGE

In today's shifting health care industry, wellness matters more than ever. Wellness can increase productivity, enhance retention and boost employee morale. Designing and implementing meaningful wellness programs that result in healthy and engaged employees and a stronger bottom line is no longer just a good idea—it's a smart strategy for a successful business.

The 3rd Annual Health Care Provider Wellness Conference brings together top experts in benefits design, health care economics, clinical intervention and community leadership from a variety of health care settings across the country. Register today to share ideas, develop relationships and strategize on ways to implement solid, outcomes-driven programs that effectively change the culture in any health care environment.

See you June 13-14, 2013 in beautiful San Diego, recently voted one of the top 15 healthiest cities in the United States by Forbes Magazine.

MEETING AGENDA*

THURSDAY, JUNE 13

- 6:30 – 8:00 a.m. **Registration/Continental Breakfast/Visit with Exhibitors**
- 7:45 – 8:00 a.m. **Wellness Activity (Warm-up)**
- 8:00 – 8:15 a.m. **Welcome**
Hamilton Mears, 2013 HASC Wellness Committee Chair & 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 – 11:35 a.m. **The Art and Science of Engagement: Exploring Common Pathways to Well-Being**
Dr. Timothy L. Newman, 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, Anchorage, Alaska
- 11:40 a.m. – 12:55 p.m. **Lunch/Visit with Exhibitors**
• 12:30 – 12:55 – Exhibitor Drawings/Special Announcements
- 1:00 – 1:30 p.m. **Wellness Activity**
- 1:35 – 2:50 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
- 2:55 – 3:15 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, 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 & Wellness Solutions
• **Session C: Advanced Topic**
(speaker TBD)
- 6:30 – 8:30 p.m. **Dinner**

FRIDAY, JUNE 14

- 6:30 a.m. **Fun Walk/Run**
- 7:00 – 8:30 a.m. **Breakfast**
- 8:35 – 9:05 a.m. **California Hospital Association: 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
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 & Administrator, Scripps Wellness

**Agenda subject to change. Session descriptions can be viewed online at www.hasc.org/2013WellnessConference.*

ABOUT THE SPEAKERS



PETER ATTIA, M.D.

Dr. Attia is the president and co-founder of the Nutrition Science Initiative. Formerly a corporate risk and health care practice consultant for McKinsey & Company, Dr. Attia also spent five years at the Johns Hopkins Hospital as a general surgery resident and two years at the National Institutes of Health as a surgical oncology fellow at the National Cancer Institute.



BJ BARTLESON, RN, MS, NEA-BC

Ms. Bartleson, vice president, Nursing and Clinical Services at California Hospital Association, is a nationally recognized nurse leader with over 25 years of experience as an administrator, educator, researcher, clinician, manager, and content expert in multiple areas of acute patient care management and nursing practice. Ms. Bartleson also serves as adjunct faculty for Sacramento State University.



GAIL BLANCHARD-SAIGER

Ms. Blanchard-Saiger, vice president of Labor and Employment for California Hospital Association, has over 15 years' experience as a labor and employment attorney in health care. Currently, she provides leadership for state and federal legislative and regulatory issues related to hospital human resources and labor relations. Prior to attending law school, Ms. Blanchard-Saiger worked as a human resources manager at a non-profit senior service agency.



LEE DUKES

As president of the Principal Wellness Company, a subsidiary of the Principal Financial Group, Mr. Duker provides a business perspective to the delivery of effective wellness solutions. He is a former business owner of a publishing company and a health communications company, and a partner in a community-based health and fitness center.



TAMMY GREEN, MPH, CHES

Ms. Green has more than 20 years of experience in health education, disease prevention, health program management & implementation. Currently, as director of Well-Being & Absence Management, she provides leadership for a range of employee health and well-being programs and services. Before coming to Providence, Ms. Green served as the Deputy Director for the State of Alaska Division of Public Health.



RICK HECHT

Mr. Hecht is the Southern California director of consulting and customer support for HealthWorks, Kaiser Permanente's worksite wellness programs. He manages a team of wellness experts who provide assessments and strategic planning to create a culture of health at the worksite. Mr. Hecht has more than 25 years of experience as a leader in the health care industry and has been a licensed clinician (MFT) for more than 20.



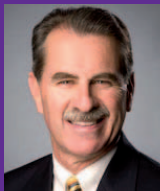
ANTONIO P. LINARES, M.D., FAAFP

As regional vice president and medical director for Anthem Blue Cross, Dr. Linares provides medical leadership in care management, wellness strategies, and population-based care for large employers in Anthem's National Accounts and California markets. Prior to joining Anthem Blue Cross, Dr. Linares served as the vice president for Medical Affairs at Lumetra where he led a national effort to accelerate the adoption of electronic health records in physician practices.



TIMOTHY L. NEWMAN, M.D.

Dr. Newman is the medical director/consultant for FirstEnergy Corp. His responsibilities have included development of medical case management and health promotion programs, physician network for occupational injuries, OSHA medical surveillance programs, pre-placement evaluations, fitness for duty evaluations, and disability determinations. He also works as a national medical consultant for Watson Wyatt Worldwide, focusing on onsite health centers, disability management, and worksite health and productivity programs.



THOMAS PARRY, PHD

Dr. Parry is president and CEO of the Integrated Benefits Institute. In addition to directing IBI's activities, he also is part of IBI's research program, analyzing how CFOs link workforce health to business outcomes. Other research includes a national survey of current employer programs and future plans to manage health and related productivity, and research on examining the link between nonoccupational health care episodes, disability and productivity outcomes.



CHRISTOPHER SCANLAN

Mr. Scanlan is a director with Arnold & Porter's Litigation Department. He represents management in a wide range of employer-employee disputes. His practice covers both traditional labor law and cutting-edge employment intellectual property disputes to defamation claims. He also regularly advises clients on compliance with deferral and state labor and employment laws and employment-related implications of corporate transactions.



GARY TAUBES

Mr. Taubes, co-founder of the Nutrition Science Initiative, is a science and health journalist and currently a Robert Wood Johnson Foundation Independent Investigator in Health Policy Research at the U.C. Berkeley School of Public Health. He is the author of *Bad Science, Why We Get Fat and Good Calories, Bad Calories*, and has contributed articles to *The Atlantic Monthly*, *The New York Times Magazine*, *Esquire*, *Slate*, and numerous other publications.





REGISTRATION INFORMATION

Three Ways to Register

By fax:

(213) 482-8537, attention Karen Ochoa

By mail:

Attn: 2013 Wellness Conference, Karen Ochoa
515 South Figueroa Street, Suite 1300
Los Angeles, CA 90071-3300

Online:

Visit www.hasc.org/2013WellnessConference for more information.

Early registration is advised.

CONFERENCE REGISTRATION PACKAGE

The registration fee for each attendee includes education sessions, listed meals and materials. We gratefully acknowledge our sponsors and their



contributions, which make it possible for participants to attend at a reduced rate. See sponsor packet for more information about sponsorship.

CONFERENCE CANCELLATIONS

Conference cancellations received in writing prior to May 16, 2013 will be subject to a \$50 processing fee. There will be no refunds after this date. Substitutions are accepted at any time.

HOTEL INFORMATION & RESERVATIONS

The Westin San Diego

The Westin San Diego is located at 400 West Broadway, San Diego, CA 92101. A special rate of \$159 (plus applicable fees and taxes) per single or double occupancy per night has been arranged for this conference. Reservations may be made by calling toll free 1-888-627-9033 and referring to the **HASC room block**. Your credit card will be charged for one night at the time of your reservation. HASC appreciates the overwhelming response to this event and we encourage you to reserve early.

Our room block expires April 23, 2013 or sooner if sold out. All hotel cancellations must be made directly with the hotel and are subject to the hotel's cancellation policy.

TRANSPORTATION OPTIONS

San Diego International Airport (SAN) is approximately 4.83 km/3.0 miles from the hotel and the Santa Fe Depot bus/rail station is approximately 0.3 km/0.19 miles away. Your local transportation options are:

- Complimentary Hotel Shuttle from airport, 6 a.m. – 11 p.m.
- Yellow Cab, approximately \$10 USD from airport; available 24 hours
- San Diego MTS (public transportation), \$2.50 USD, 15-minute ride from airport. Take MTS bus 992 to the stop at Broadway and Kettner. The hotel is a two-block walk from the bus stop.

CHECK-IN AND CHECKOUT

Check-in time is 3:00 p.m., and checkout is at 12:00 p.m.

DISCLOSURES

HASC will be utilizing the Hotel's Group Reservation Identification Program for the sole purpose of ensuring that all individuals registered for the conference are booked within the reserved room block. HASC will provide an electronic list containing the first and last names of attendees registered for this event to the hotel to cross reference with the hotel registration list. If you have any concerns about the disclosure of this information, please contact Karen Ochoa at kochoa@hasc.org or (213) 538-0765.

ATTIRE

Dress comfortably in resort casual wear for all meetings and activities as some sessions may require physical activity. Select meals may be outdoors, weather permitting.

PARKING

Overnight valet parking is available at the rate of \$32 per day with in and out privileges. Additional parking lots surround the hotel at discounted prices but are subject to their policies. Five Star Parking offers 24-hour parking for \$24 at 655 W. Broadway, San Diego, CA 92101.

AMERICANS WITH DISABILITIES ACT

If you require any of the auxiliary aids or services identified in the Americans with Disabilities Act, please call Karen Ochoa at (213) 538-0765.