



2012 HASC 2ND ANNUAL

HEALTH CARE PROVIDER
WELLNESS CONFERENCE

June 14-15, 2012

Hilton Los Angeles/Universal City
Universal City, CA



**HOSPITAL
ASSOCIATION**
OF SOUTHERN CALIFORNIA®



A HEALTHIER COMMUNITY STARTS WITH HEALTHIER STAFF

Please join us June 14-15 for HASC's 2nd Annual Health Care Provider Wellness Conference, a dynamic gathering of wellness professionals, leaders and senior management from all health care settings who will share innovative ideas hospitals and health care organizations can use to promote a culture of health and wellness. The conference will feature current strategies from experts and practitioners that can be implemented right away to accelerate a cultural shift toward a healthier workforce and community.

Join us at the breathtaking Hilton Los Angeles/Universal City hotel located in the beautiful Hollywood Hills, adjacent to Universal City Walk, for a memorable event!

MEETING AGENDA

THURSDAY, JUNE 14

- 7 – 8:00 a.m. **Registration/Continental Breakfast/Visit with Exhibitors**
- 8:00 – 8:15 a.m. **Welcome**
Paul Celuch, 2012 HASC Wellness Committee Chair & Vice President, Human Resources and Support Services, Verdugo Hills Hospital
- 8:15 – 9:00 a.m. **Toni Yancey, MD, MPH – *What's Good for the Waistline is Good for the Bottom Line***
Professor, Department of Health Services, and Co-Director, UCLA Kaiser Permanente Center for Health Equity in the School of Public Health
- 9:15 – 10:15 a.m. **Diana Bontá, DrPH – *A Healthy Future: Why Wellness Matters***
President & CEO, The California Wellness Foundation
- 10:30 – 11:30 a.m. **Dee Edington, PhD – *Zero Trends: Health as a Serious Economic Strategy***
Professor, University of Michigan Division of Kinesiology
- 11:45 a.m. – 1:00 p.m. **Lunch/Visit with Exhibitor**
- 1:00 – 1:30 p.m. **Wellness Activity**
- 1:35 – 3:05 p.m. **Rajiv Kumar, MD – *8 Innovations That Are Transforming Employee Wellness***
Founder, Chief Medical Officer, ShapeUp
- 3:20 – 4:20 p.m. **Concurrent Breakouts**
- Curtis Chow – *Hospital-Based Health and Wellness Program (Non-Incentivized)*
 - Melanie Cumbee – *Living the Good Life: A Snapshot of MemorialCare Health System's Employee Wellness Program*
 - Silva Ohannessian and Joyce Solis – *Call Off the Food Police!! Aramark Health Care Wellness Program at Saint John's Medical Center*
- 6 – 9 p.m. **Dinner**

FRIDAY, JUNE 15

- 6:30 a.m. **5k Run/Walk**
- 7:30 – 8:45 a.m. **Breakfast**
- 9 – 10:00 a.m. **Concurrent Breakouts**
- Curtis Chow – *Hospital-Based Health and Wellness Program (Non-Incentivized)*
 - Melanie Cumbee – *Living the Good Life: A Snapshot of MemorialCare Health System's Employee Wellness Program*
 - Kelly Eckhardt and Mansi Shah, RD, CNSC – *Influencing Mindful Eating, Aramark Health Care Wellness Program at St. Francis Medical Center*
- 10:15 – 11:45 a.m. **Christopher T. Scanlan – *Waiting for Wellness: How Unclear Laws are Affecting Key Wellness Program Choices***
Partner, Arnold & Porter LLP
- 11:45 a.m. – 12:15 p.m. **Meeting Wrap-Up with Chair, Paul Celuch**

ABOUT THE SPEAKERS



Paul Celuch

As vice president of Human Resources and Support Services at Verdugo Hills Hospital, Mr. Celuch brings more than 20 years of senior human resources management experience with organizations in health care, hi-tech, financial services and manufacturing. He holds a Bachelor of Science degree

in Environmental Sciences and a Master of Science degree in Urban Affairs and Policy Analysis.



Toni (Antronette K.) Yancey, MD, MPH

Along with being co-director of the UCLA Kaiser Permanente Center for Health Equity in the School of Public Health, Dr. Toni Yancey is a professor at UCLA's Department of Health Services, and a public health commentator for local NPR affiliate, KPCC.

Her second book, *Instant Recess: Building a Fit Nation 10 Minutes at a Time*, has been featured in the *New York Times*, *Wall Street Journal*, *ESPN* and more.



Diana M. Bontá, RN, DrPH

As the new president and CEO of The California Wellness Foundation, Dr. Bontá is an advocate for health promotion, wellness education and disease prevention. She has more than 40 years' experience in health care, public policy corporate health philanthropy, and communications. Before joining

the Foundation, she was vice president of public affairs for Kaiser Permanente, Southern California Region, and she lead the state's Department of Health Services.



Dee W. Edgington, PhD

Dr. Edgington is a professor in the School of Kinesiology at the University of Michigan, director of the Health Management Research Center, and a research scientist in the School of Public Health with an interest in worksite wellness and health care

cost containment, productivity and human resource development. He is the author or co-author of over 500 articles, presentations and several books, including *Zero Trends: Health as a Serious Economic Strategy*.



Rajiv Kumar, MD

As the founder and chief medical officer of ShapeUp, Dr. Kumar helps deliver social networking and gaming-based wellness programs to large employers and insurance companies. Under his leadership, ShapeUp has grown to cover over two million people across 93 countries. Dr. Kumar earned his medical

degree from the Warren Alpert Medical School of Brown University.



Curtis Chow, FNP, PA-C, COHN-S, CEES

Mr. Chow, a dual-licensed family nurse practitioner/physician assistant specializing in occupational medicine, has a strong commitment to community service and a mission to provide excellent health care to the underserved. He is part of the management team of Dignity Health's Health and Wellness

Committee as well as a local administrator of health and wellness programs.



Melanie Cumbee, BS, CPT

Ms. Cumbee has 20 years of experience in corporate wellness, health education, personal training, and exercise program design for a variety of health populations. Since 2008, she has served as the coordinator in the development and implementation of MemorialCare's The Good Life employee wellness

program. Her leadership and collaboration helped make it an award-winning program combining traditional exercise and nutrition science with creative approaches to weight management, fitness, and disease prevention.



Silva Ohannessian

Ms. Ohannessian is manager, benefits, compensation and wellness with Saint John's Health Center in Santa Monica, CA. She has more than 11 years' experience in the field and holds a professional designation in Human Resources Management from UCLA Extension along with a Bachelor of

Science in business and organizational development and finance.



Joyce Solis, CEC, CDM

Ms. Solis is the General Manager of Food & Nutrition Services with Aramark at Saint John's Health Center in Santa Monica, CA. Having spent 30 years in the food service industry, Joyce has managed food service departments, provided technical support and program development in health care settings

as well as owned a restaurant and a catering company.



Kelly A. Eckhardt, SPHR

Ms. Eckhardt, SPHR, is the director of human resources at St. Francis Medical Center, part of the Daughters of Charity Health System. For 10 years, she has contributed to a variety of hospital and system-wide initiatives, including the Leadership Development Institute and Just Culture. As co-chair

of the DCHS Associate Wellness Committee, she is committed to contributing to a healthy work environment that inspires associates to take ownership for healthy lifestyles.



Mansi Shah, RD, CNSC

Ms. Shah is assistant director of nutrition with ARAMARK Healthcare at St. Francis Medical Center, overseeing the Clinical Nutrition and Food Service Programs of the Nutrition Department. A registered dietitian and National Board Certified Nutrition Support Clinician (CNSC), she is an expert

in gastrointestinal, critical care and oncology nutrition and has published numerous peer-reviewed journal articles on these topics.



Christopher T. 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 litigation, ranging from employee-employer intellectual property disputes

to defamation claims. He also regularly advises clients on compliance with federal and state labor and employment laws and employment-related implications of corporate transactions.



REGISTRATION INFORMATION

Three Ways to Register

By fax: (213) 482-8537, attention Karen Ochoa

By mail: Attn: 2012 Wellness Conference Karen Ochoa, 515 South Figueroa Street, Suite 1300, Los Angeles, CA 90071-3300

Online: Visit www.hasc.org/2012WellnessConference 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 June 1, 2012 will be subject to a \$50 processing fee. Conference refunds cannot be issued after this date. Substitutions are accepted at any time.

HOTEL INFORMATION AND RESERVATIONS

HILTON LOS ANGELES/UNIVERSAL CITY

The Hilton Los Angeles/Universal City is located at 555 Universal Hollywood Drive, Universal City, CA 91608-100. A special rate of \$169 (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 1-800-Hiltons and referring to the **HASC** room block. **Your credit card will be charged for one night at the time of your reservation.** We appreciate the overwhelming response to this event and encourage you to reserve early.

Our room block expires on May 18 or sooner if sold out. Hotel cancellations seven days or earlier from the arrival date will be refunded in full. Any cancellations received within seven days of the check-in date will not be refunded and you will be charged for the full stay. HASC staff will make every effort to identify a replacement guest to take your reservation if you need to cancel within seven days, but we cannot guarantee the replacement.

Check-in and Check-out

Check-in time is 3:00 p.m. and check-out is at 12:00 p.m. All guests arriving before 3 p.m. will be accommodated as rooms become available. In the event that you check out prior to the reserved check-out date, the hotel will charge an early check-out fee of \$75.00.

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) 538-0705.

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 self-parking is available at the discounted rate of \$14 per day.

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.