



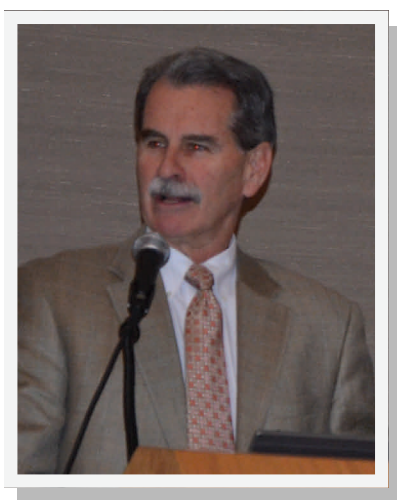
2013 Health Care Provider Wellness Conference June 13-14, The Westin San Diego

Conference Makes Case for Wellness at Work

More than 140 health care professionals attended the 3rd annual HASC Health Care Provider Wellness Conference to explore wellness and benefits programs that work to alleviate the costs of health care and combat the effects of poor health on productivity, job satisfaction and care quality.

Themed “Wellness, Work & Community: Strategies for Sustainable Cultural Change,” the conference attracted c-suite and frontline staff from health care facilities in California, Louisiana, Iowa, Alaska, Arizona, Illinois, Indiana, Minnesota, Ohio, Washington and Canada.

“I was interested in the latest practices. We have a robust program already,” said Kelly Mather, CEO, Sonoma Valley Hospital. “The industry has finally moved to population health and I’m excited about it. Wellness has been a passion of mine since 1996.”



Keynote presenter Tom Parry, PhD, president, Integrated Benefits Institute.



Steven Escoboza, president/CEO, Hospital Association of San Diego and Imperial Counties.

A cross section of speakers with varying perspectives on the impact wellness can have on employees and the community at large were featured:

Lee Dukes looked at the impact of generational differences on behavior change; Tim Newman explored patterns of employee engagement; Tammy Green addressed the value of fully integrating wellness programs into an organization; Tom Parry offered pragmatic applications of key population health metrics; nutrition experts Gary Taubes and Peter Attia, M.D., presented the science around diet and obesity; Dr. Philip Hagen and Rick Hecht provided an insider’s view of successful wellness programs from the Mayo Clinic and Kaiser Permanente; Dr. Antonio Linares presented information about healthy aging; and BJ Bartleson and Gail Blanchard-Saiger took a brief look at health care worker fatigue. The event closed with a mock trial led by Christopher Scanlan and his associates with the audience as jurors.

A unique aspect of the conference is the incorporation of physical activities that engage



attendees and demonstrate the value of exercise. Mission Valley YMCA led the Zumba Fitness activity that opened the event and the run/walk around the city on the final morning of the conference.

Melanie Cumbee of MemorialCare provided an afternoon activity that got everyone involved in four fitness stations—hula hoop, balancing with Frisbees, tossing beach balls and working with stretch bands—demonstrating quick, nontraditional activities attendees can use at the worksite.

And in what is becoming an event tradition, organizers hosted a dinner at a local restaurant for conference attendees where they enjoyed tapas and Salsa dancing lessons.

“What impressed me most about this conference was the degree of networking that I witnessed,” said Hamilton Mears, Wellness Plan Administrator for Scripps Health. “I am convinced that a great deal of new collaboration will emerge as a result of the conference. By the end of the



Teri Hollingsworth, VP, Human Resources Services, HASC and Hamilton Mears, administrator, Scripps Health and 2013 conference chair.

conference I got the sense that the audience had become a single community, collectively resolved to tackle some big problems.”

Thank you, sponsors, for your generous support of this event. The 4th annual Health Care Provider Wellness Conference will be held June 12-13, 2014, in Anaheim, Calif. Reserve the date and visit www.hasc.org/2014WellnessConference.



Audience acts as jurors in mock trial examining wellness program legal questions of the day.



Jill Byrd, RN, and Judy Vigil, both of Tri-City Medical Center.

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2013 HASC

HEALTH CARE PROVIDER WELLNESS CONFERENCE



Left to right: Christopher Scanlan, Arnold & Porter LLP, explains the latest legal issues around designing and implementing wellness programs; Gary Taubes and Peter Attia of Nutrition Science Institute present the science behind diet and obesity; Lee Dukes, Principal Wellness Company, addresses the impact of generational differences on behavior change.



Left: Participants in the fun run/walk around the waterfront, led by Mission Valley YMCA.

Right: Conference Committee member Paul Douglas, Baton Rouge General Medical Center, enjoys a hula-hoop fitness break at one of four activity areas.



Left and below: Salsa lessons ensure conference attendees dance away their dinner calories.

Right: Nearly 80 people attended the conference dinner at Café Sevilla.



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Lois Owens, Hazel Hawkins Memorial Hospital, with Debra Messer, Pacific Hospital of Long Beach.



Melanie Folkers (right), Easter Seals Iowa with Eric Asbe.



Speakers Tim Newman and Tammy Green on employee engagement and integrating wellness program within an organization.



A group deliberates during the mock trial.



Kristin Flynn, Dignity Health-French Medical Center; Curtis Chow, Mercy Medical Center; and Kristin Van Zyl, Cottage Health.



Brian Beck, Oak Valley Hospital District and Neil Wagner, Paycheck Direct.



Cal-HOSA students (left to right): Loren Benn; Juleyka Andino; Kathryn Garcia; Alberto Vargas, Region 5 vice president; Camille Cooley, state president; McKenzie Smith; Abby Orell.



Beverly Calderon, U.S. Department of Health & Human Services.



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