

2017

Health Care Provider Wellness Conference

July 13-14

Wyndham Anaheim Garden Grove

*Creating a Healthy and
Resilient Workforce
and Community!*

ATTENDEES



Creating a Healthy and Resilient Workforce and Community!

It's a fact – worker productivity, retention rates, and benefits costs are all affected by health. You've invested in, or are trying to develop, a wellness program, but how do you build workforce and community resiliency? Join executives and wellness champions to explore the next generation of worksite wellness programs that help keep employees – and your organization – in good health.

The 7th-Annual HASC Health Care Provider Wellness Conference focuses on designing and implementing solid wellness programs that result in healthy, engaged employees and a stronger bottom line.

Program Objectives

Unveil the latest information about how wellness plans can enhance your workforce and business performance.

- Shed light on new research and evidence-based wellness programs and strategies
- Learn how to promote employee well-being in the workplace
- Understand the signs and symptoms of health care worker fatigue
- Learn how to integrate wellness programs into a population health strategy

Who Should Attend?

Health care providers (hospitals, health systems, clinics, health plans and others), chief medical officers, medical officers, VPs, directors, and managers in charge of:

- *HR*
- *Medical affairs*
- *Benefits and benefit design*
- *Innovation*
- *Health strategy*
- *Product development and management*
- *Risk management*
- *Disease management*
- *Employee engagement*
- *Consumer education*
- *Health promotion*
- *Market research*
- *Wellness and welfare*
- *Research and development*
- *Total rewards*
- *Consumer-directed health plans*
- *Worksite clinics*
- *Case management*

This program has applied for the following continuing education credits:

ACHE, BRN, CDR, CECH, and HRCI. See registration form for details.

Conference Registration Package

The registration fee for each attendee includes education sessions, listed conference 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 before July 1, 2017 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

Wyndham Anaheim Garden Grove

12021 Harbor Blvd, Garden Grove, CA 92840-4001

A special rate of \$149++ and a resort charge of \$5 per night (plus, applicable fees and taxes) per single or double occupancy has been arranged for this conference. 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 June 16, 2017 or sooner if sold out. All hotel cancellations must be made directly with the hotel and are subject to the hotel's cancellation policy.

Hotel Reservations:

Call Toll Free: (877) 999-3223

Mention Group Name: Hospital Association of Southern California Wellness 2017 Or

Book online: <https://aws.passkey.com/go/HASCWellness2017>

Transportation Options

- John Wayne/Orange County Airport (SNA) Airport, 11 miles
 - Long Beach Municipal (LGB) Airport, 16 miles
 - Los Angeles International Airport (LAX) Airport, 36 miles
- Please note the hotel does not provide a shuttle service to or from airports.*

Check-in and Check-out

Check-in time is 4 p.m., and check-out is 12 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. Tennis shoes and gym wear are acceptable. Select meals may be outdoors, weather permitting.

Parking

Complimentary self-parking, per day, per vehicle. Valet parking is available for \$10 per day, per vehicle.

Registration Information

Three Ways to Register

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

By mail: Attn: 2017 Health Care Provider Wellness Conference, Karen Ochoa, 515 South Figueroa Street, Suite 1300

Los Angeles, CA 90071-3300

Online: www.hasc.org/education-event/2017-health-care-provider-wellness-conference

Early registration and room reservation are advised.



AGENDA

2017 Health Care Provider Wellness Conference • July 13–14, 2017

Thursday, July 13, 2017

- 7-8 a.m. Registration/Continental Breakfast/Visit With Exhibitors
- 8-8:15 a.m. ***Welcome and Introductions/Morning Wellness Activity***
Teri Hollingsworth, Vice President, Association & HR Services, HASC
- 8:15-9:30 a.m. ***Linking Wellness to Bottom Line Business Value***
Jessica Grossmeier, PhD, MPH, Vice President of Research
Health Enhancement Research Organization (HERO)
- 9:30-9:45 a.m. Wellness Stretch/Break/Visit With Exhibitors
- 9:45-11 a.m. ***The Link Between Social Connections and Employee Well-Being***
Speaker TBA
- 11 a.m.-12:15 p.m. ***Corporate Wellness Produces Tangible Results***
St. Joseph Hoag Health and Western Digital Corporation
- 12:15-1 p.m. Lunch/Visit With Exhibitors
- 1-2:15 p.m. ***Going Stealth: How NOT Calling It Wellness Can Be Your Secret Weapon***
Laura Putnam, CEO, Motion Infusion
- 2:15-3:30 p.m. ***Evaluation of Population Health Management Best Practices for California Health Systems***
Robin Rager, Director of Health Management, KeenanWell
Danielle Keenan, Health Management Specialist, KeenanWell &
Eisenhower Medical Center
- 3:30-4 p.m. Wellness Stretch/Break/Visit With Exhibitors
- 4-5 p.m. Concurrent Breakout Sessions
 - ***Mindfulness in the Workplace***
Katie Townsend-Merino, Qualified Mindfulness-Based Stress Reduction teacher (UMass),
Emeritus Professor of Psychology, Palomar College
 - ***Improving Workplace Engagement With Improv***
Toni Nicola, Wellness Program Manager, Alameda Health System,
Karen Sandvoss, Improvisational Comedy Instructor, Pan Theater
 - ***Breakout 3 – TBA***
- 6:30-8:30 p.m. Offsite Networking Dinner

Friday, July 14, 2017

- 6:30-7:30 a.m. Fun Run/Walk
- 6:30-7:30 a.m. Yoga/Meditation
- 7:30-8:45 a.m. Breakfast
- 8:30-10 a.m. ***Running on Empty: Compassion Fatigue in Health Professionals***
Françoise Mathieu, MEd, RP, CCC, Compassion Fatigue Specialist,
Co-Executive Director, TEND
- 10-10:15 a.m. Wellness Stretch/Break
- 10:15-11:30 a.m. Reaction Panel: Compassion Fatigue in Health Professionals
- 11:30 a.m.-noon Closing Remarks
Teri Hollingsworth, Vice President, Association & HR Services, HASC



KEYNOTE SPEAKERS



Jessica Grossmeier, PhD, MPH

Jessica Grossmeier is a workplace health promotion thought leader with 25 years of experience advancing individual and population health. Serving the industry for the past 15 years as an outcomes researcher, she has executed numerous studies on the health and financial outcomes of health promotion programs sponsored by large, national employers – and presented at numerous national industry conferences. As vice president of research at HERO, Grossmeier oversees the direction and execution of the organization's research agenda. This includes providing research expertise and consultation to HERO study committees, serving as research liaison to external contractors and study collaborators, and serving as principal investigator for HERO-sponsored research studies. Prior to joining HERO, Grossmeier served a variety of research roles that included oversight of research on best practices and outcomes associated with workplace health and well-being programs. She also has served in academic research and teaching roles at the University of Minnesota and the University of Phoenix.



Laura Putnam, MA

Laura Putnam is author of the 2015 book, *Workplace Wellness That Works* and founder of the consulting firm Motion Infusion. Her work has been covered by MSNBC, The New York Times, U.S. News & World Report, Entrepreneur, Business Insider and NPR. She is a former urban public high school teacher, international community organizer, dancer, gymnast and now a movement builder in the world of health and wellness. With a mission to get organizations “in motion,” Putnam is a frequent keynote speaker and has worked with a range of organizations from Fortune 500 companies to government agencies to academic institutes and nonprofits. She is the recipient of an American Heart Association 2020 Impact Award as well as the National Wellness Institute's Circle of Leadership Award. A graduate of Brown University and Stanford University, she lives in San Francisco with her fiancé.



Françoise Mathieu, MEd, RP, CCC

Françoise Mathieu is a registered psychotherapist in the Canadian province of Ontario and a recognized compassion fatigue specialist. Her experience stems from over 20 years as a mental health professional, working as a crisis counsellor and trauma specialist in hospital, university counselling, military, law enforcement and other community mental health environments. Françoise is co executive director of TEND, which offers consulting and training to helpers on topics related to secondary trauma, compassion fatigue, burnout, self-care, wellness and organizational health. She is author of the 2012 book, *The Compassion Fatigue Workbook*, as well as multiple articles and publications.

GENERAL SESSION SPEAKERS



Jason Bibelheimer

Jason Bibelheimer is the vice president of global total rewards and human resources operations at Western Digital Corporation. He has been in the human capital management arena for many years, and has broad experience across diverse functional areas, multi-industry segments and emerging markets. Prior to joining Western Digital in 2007, Bibelheimer led compensation and HRIS functions with Automobile Club of Southern California and Edison Mission Energy. A Southern California native, Jason holds a Bachelor of Science degree in Business Management from Pepperdine University, and is certified by World at Work as a Certified Compensation Professional (CCP).



Christopher P. Celio, MD

Christopher P. Celio is a family medicine physician with a focus on wellness and helping his patients achieve good health. Having spent several years in family medicine at St. Joseph Heritage Healthcare in Southern California, he is medical director of the Corporate Medical Clinic at Western Digital Corp. Celio is an expert in using data to develop effective programs that maintain health and minimize the incidence and severity of diabetes, heart disease and other chronic problems.



Danielle Keenan

Danielle Keenan has over six years of experience in employee population health management. She provides consulting to Keenan's clients to design, implement and evaluate best-practice population health management programs that will shift the organizations' culture toward optimal health. Keenan also provides expertise in developing engagement strategies and programs to address lifestyle risk factors and improve management of chronic conditions to minimize avoidable health care utilization. Additionally, she assists clients with third-party vendor acquisition, contracting and coordination. She holds a bachelor's degree in psychology from Cal State Long Beach and a master's in public health from UCLA. Keenan has also earned the WELCOA Worksite Wellness Certification and was named one of WELCOA's Top 50 Health Promotion Professionals.



Robin Rager, PhD, FAWHP

Robin Rager has been involved in the health and wellness field for nearly three decades, both as a consultant and as a college professor and researcher. His consulting and academic activities have focused on individual and population health management, and the design and evaluation of effective wellness and condition management programs in a variety of populations and settings – ranging from health care systems to railroad workers to military personnel to farm workers. He holds MS and PhD degrees in health education from Penn State, served as the Director of Penn State University's Center for Worksite Health Enhancement, and has authored numerous articles on wellness and condition management. He is a Fellow of the Association for Worksite Health Promotion (FAWHP).



Karen Sandvoss

Karen Sandvoss earned a fine arts degree from the University of Michigan and currently teaches improvisational comedy at Pan Theater in Oakland. Since 2013, she has been performing regularly with Awkward Face, Oakland's longest-running improv troupe. Karen has studied with improv giants Karen Graci (iO West), David Razowsky (Second City), Brian James O'Connell (iO West/Pack Theater), Suzanne Hitchman (N.Y.) and many more. She uses improv as a meaningful way to connect people, build trust and communication skills, and develop a mindful meditation practice through play. She believes everyone can benefit from this dynamic art form, whether on stage, at home or in the workplace.



Toni Sicola

Toni Sicola is a wellness professional, holistic nutrition expert, blogger, entrepreneur and food enthusiast. She's been in the corporate wellness industry for over five years, managing the wellness program for Alameda Health System's diverse population of 4,500 employees. Fueled by her passion for helping others achieve optimal health and wellbeing, Sicola is always on the hunt for the most innovative approaches to solving life's biggest challenges – how to stay healthy and feel fulfilled. Her personal and professional mission is to make a holistic approach to health accessible to the masses. When she's not working, Sicola is feeding her passions for cooking, gardening, rock climbing, creating and playing with her dog Dexter. Her favorite places to be outside include the national and regional parks in Northern California, especially Yosemite, and her backyard garden.



Katie Townsend-Merino, MA

Katie Townsend-Merino is an emeritus professor of psychology from Palomar College and former dean and vice president of two community colleges. She teaches a variety of mindfulness and compassion courses at Tahoe Forest Hospital where she also sees private clients. Katie is qualified by the University of Massachusetts to teach Mindfulness-Based Stress Reduction and Mindful Eating classes, is qualified by the UCSD Center for Mindfulness to teach self-compassion courses and has completed the Mindful Educator course with Mindful Schools. She is also a board member and volunteer garden director for Slow Food Lake Tahoe, where all organic produce is donated to a local Meals on Wheels program. Her favorite quote is, “Right now, this is how it is.”



REGISTRATION

MAIL OR FAX THIS COMPLETED REGISTRATION FORM TO:

Karen Ochoa, HASC, 515 South Figueroa Street, Suite 1300, Los Angeles, CA 90071-3300 or Fax (213) 482-8537

You may also register at www.hasc.org/education-event/2017-health-care-provider-wellness-conference Questions? Call (213) 538-0765

1. CHA/HASC HEALTH CARE PROVIDER MEMBER EARLY-BIRD RATE THE PRICE IS \$370 BEFORE JUNE 16, 2017; \$395 AFTER JUNE 16, 2017.

(PLEASE PRINT)

First Name: _____ Last Name: _____ Title: _____

Organization Name: _____

Organization Address: _____ City: _____ State: _____ Zip Code: _____

Phone: _____ Email: (required) _____

Nickname (as you wish it to appear on your badge): _____

Assistant's Name: _____ Assistant's email: _____

2. SPOUSE/ADULT FAMILY MEMBER GUEST (ONE PER PERSON): \$195 INCLUDES ALL HOSTED MEAL FUNCTIONS AND GENERAL SESSIONS.

First Name: _____ Last Name: _____ Title: _____

Nickname (as you wish it to appear on your badge): _____

SPECIAL NEEDS: _____

3. REGISTRATION FEES: REGISTRATION CONFIRMED UPON RECEIPT OF PAYMENT.

CONFERENCE-ONLY REGISTRATION RATES

Registration fee for each attendee includes education sessions, listed meals and materials.

- Early Bird Rate \$370: this rate applies to: CHA/HASC members & non-acute stakeholders and out of state acute health care providers (Must Register by June 16, 2017)
• CHA/HASC Health Care Provider Member: \$395 per registrant (After June 16, 2017)
• Nonmember/Walk-in Rate: \$420 per registration (This rate applies to non-acute stakeholder and out-of-state acute health care providers)

OPTIONAL ITEMS

- Spouse/Family Member/Guest: (limit 1) \$195 per adult family member (Includes all hosted conference meal functions (excluding dinner) and wellness activities).



WELLNESS CONFERENCE EDUCATION CREDIT INFORMATION

ACHE Credit: HASC is authorized to award **TBD** hours of pre-approved ACHE Qualified Education credit (non-ACHE) for this program toward advancement or recertification in the American College of Healthcare Executives. Participants in this program wishing to have the continuing education hours applied toward ACHE Qualified Education credit should indicate their attendance when submitting their application to the American College of Healthcare for advancement or recertification.

BRN Credit: Provider approved by the California Board of Registered Nursing. CEP #970 for **TBD** contact hours. RN Lic. No.

CDR: Commission on Dietetic Registration contact hours: **TBD**

CECH: National Commission for Health Education Credentialing contact hours: **TBD**.

HRCI: This program has been submitted to the HR Certification Institute for approval of recertification credits.

PAYMENT INFORMATION

Enclosed is check #: _____ Amount: \$ _____

To pay by credit card, please register online at www.hasc.org/education-event/2017-health-care-provider-wellness-conference

IMPORTANT REMINDERS

- Meeting cancellations received in writing by July 1, 2017 will be subject to a \$50 processing fee. We welcome substitutions. Refunds will not be granted after July 1, 2017. Refunds will not be provided for no-shows after the conference.
- HASC requires that all participants refrain from planning hospitality events or activities at any time during the wellness conference without HASC permission.
- Planning independent events at any time during the 2017 Health Care Provider Wellness Conference without the permission of HASC will result in cancellation of the independent event and forfeiture of any deposits for food and beverage orders. Failure to observe this policy will result in restriction from participating in future HASC events. Competing times are defined as July 13 between 6 a.m. and 6 p.m. and July 14 between 6 a.m. and 12:30 p.m.
- Americans with Disabilities Act (ADA): Please call (213) 538-0765 for any special needs or assistance.
- You may be photographed or videotaped at the event. HASC reserves the right to use these items in promotional, marketing, educational and other materials.

I have read the Important Reminders above and agree to these Terms and Conditions.

Signature: _____ Date: _____

Thank you for your registration. HASC will email you a confirmation prior to the conference.

If you do not receive a confirmation, please call Karen Ochoa at (213) 538-0765.

Questions: Phone: (213) 538-0765 • Email: kochoa@hasc.org • Fax: (213) 482-8537

