

2010 Healthy Worksite Summit – Bellevue Agenda

Tuesday, October 12, 2010

- 1:30 – 2 pm **Registration**
- 2 – 5 pm **WellCity Planning Workshop (for members of the AWC Employee Benefit Trust only)** – Julie McDowell, Jessica Galuska, Jon Smith
- 5:30 – 6:30 pm **Registration**
- 6 – 8 pm **Networking Reception**
Panel presentation: **Patient Protection and Affordable Care Act of 2010:** What does it mean for employers, health care, medical insurance, and me? – Lloyd David, MBA, The Polyclinic; Jane Rozina, Mercer; Jack McRae, Senior Vice President Legislative Affairs, Premera Blue Cross

Wednesday, October 13, 2010

- 7:45 am – 3 pm **Registration**
- 7:45 – 8:30 am **Continental Breakfast and Exhibit**
- 8:30 – 9 am **Welcome/Golden Apple Award**
- 9 – 9:45 am Opening keynote: **Why Don't My People Do What They Should?!** – Andy Core, M.S.
- 10 – 11 am Concurrent Sessions:
- **Becoming a Health Promotion Champion - What it takes to effectively pitch, implement and sustain a successful wellness program** – Andy Core, M.S.
 - **How to Maintain a Happy and Productive Workforce with Better Health Benefits at a Lower Cost (Yes, Better, Cheaper and Healthier!)** – Jack Siemering and Ron Burt
 - **Employer-Sponsored Wellness Programs and Health Care Reform** – Melanie Curtice
 - **Increasing Employee Engagement by Aligning Needs** – Sara Eve Sarliker, MPH
- 11:30 – 12:30 pm Concurrent Sessions:
- **Health Disparities: Closing the Gaps through Prevention** – Corliss McKeever, MSW
 - **How Labor and Industries Supports its Employees: Using Employee Centered Programs in Wellness and Ergonomics to Keep them Productive and Comfortable** – Bruce Coulter and Doug Spohn
 - **Value-based Design: What is it, How do you use it, What results can I expect in the Workplace** – Dave Johnson, MD, MBA, CPE
 - **Thriving During Challenging Times** – Christine Prenovitz, MSW, RYT
- 12:30 – 1:45 pm Lunch
- 1:45 – 2:45 pm Concurrent Sessions:
- **One Size Does Not Fit All: The Out-sized Costs and Opportunities** – Jeffery Harris, MD, MPH, MBA
 - **Tackling Stress and Depression in the Workplace** – Paul Ciechanowski
 - **Give Me Your Milk Money? Workplace Breastfeeding Programs Update** – Todd Wolynn, MD
- 3 – 3:45 pm Closing keynote: **The Start of Something Really Small: A Healthy Worksite Revolution** – Deanna Davis, PhD