



11TH ANNUAL KENTUCKY

HEALTH AND WELLNESS CONFERENCE

March 26-27, 2019 | Griffin Gate Marriott Resort & Spa | Lexington, Ky.

**NEW
AGENDA!**

Over 25 Speakers
7 General Sessions
15 Workshops

“ This was my first time attending. I really enjoyed the program. I learned a lot to reinforce/implement in our workplace. Great information to assist with building culture in my workplace. — Dorothy Owens, American Printing House for the Blind ”



11TH ANNUAL KENTUCKY HEALTH AND WELLNESS CONFERENCE

Why Attend

The focus on health and wellness in the workplace has become standard practice among the majority of employers and this conference will educate attendees on important trends, laws and standards for both workplace wellness and health care.

Learn:

- What it takes to create and implement an effective wellness program
- How to measure return on investment
- How to create a culture of health
- Legal implications employers need to be aware of when implementing or maintaining a worksite wellness program
- Current and future health care landscape
- Health care laws
- How to manage health care cost
- How health care and wellness interact

This is a must attend event for any company that is serious about health and wellness!

This seminar is essential for ...

- Benefits administrators/consultants/managers/specialists
- Controllers
- Healthcare administrators
- Human resource administrators/directors/managers/generalists/assistants
- Operations
- Safety directors/managers
- Workplace/plant nurses
- Wellness/health/benefits consultants

Continuing education



SHRM Professional Development Credits (PDCs)

The Kentucky Chamber is recognized by SHRM to offer Professional Development Credits (PDCs) for SHRM-CP or SHRM-SCP.



HRCI recertification

This program has been pre-approved for credit toward PHR, SPHR and GPHR recertification through HR Certification Institute.

CEU/CPE

This program may also be eligible for CEU and CPE credits. Contact your professional board to find out what's required.

Money back guarantee

If you are not 100% satisfied with your seminar experience, we will refund your money.



Rave Reviews from past attendees

Great speakers; good variety; the conference was great! Very organized and nice amenities. I enjoyed the variety of topics/speakers. Valuable info on creating and implementing a wellness program. I'm coming away from the conference feeling more knowledgeable on wellness program implementation.

– Jen Robinson, Goodwill Industries of Kentucky

Very engaging and thought-provoking.

– Jessica Ritchie, Juniper Health, Inc.

This is why I came to the conference. This is what every employer needs to do with their wellness program. (Carlos Rivas) offered good motivational material, and he is a presenter who cares about his subject matter.

– Charles Fortney, Graves-Gilbert Clinic, P.S.C.

Insightful! Enlightening! Helped me strengthen my passion! Interactive, lots of good information.

– Elizabeth Greer, Apex Benefits

Engaging, relevant info, knowledgeable speakers.

– Claire Samuel, Texas Roadhouse

Excellent presentation. Very engaging. Very motivational.

– Susan Ellis, RN, MSN, SPHR, Highlands Regional Medical Center

Enjoyed the conference very much. First time attending and will go back with a lot of helpful information.

– Candace Michele, Henson T. RAD North America, Inc.



Agenda

Session descriptions can be found at kychamber.com/events/health-wellness/agenda

TUESDAY – MARCH 26

8 a.m. | Registration and Healthy Kick-Start Breakfast with Sponsors and Exhibitors

8:30 a.m. | Welcome

Day One Emcee: *Jim Trujillo, CFP® CCFS® PPC®, Certified Financial Planner(R), Financial Advisor, ARG1*

8:35 a.m. | Welcome and Legislative Overview

Ashli Watts, Senior Vice President, Public Affairs, Kentucky Chamber of Commerce

8:50 a.m. | Opening Keynote: The Wellness Movement: Think Differently. Plan Accordingly. Create a Life-long Change.

Angela Gaffney, President, Certified Health Coach, Angela Gaffney – Essential Health & Wellness

10:30 a.m. | Concurrent Session One

Workshop A: Healthcare and Wellness: What Are We Measuring and What Does It Mean?

Hilary Morgan, Director, Member Services, Kentucky Chamber of Commerce

Workshop B: Adopting Wellness Action Plans from Millennials to Baby Boomers

Jeff Graf, CPFA, Qualified Plan Consultant, ARG1

Jim Trujillo, CFP, CCFS, Financial Advisor, ARG1

Workshop C: Diabetes Prevention Program: Offering an Evidence-based Lifestyle Change Program to Improve Wellness

Shellie Wingate, Owner, CoachShellie

11:25 a.m. | Concurrent Session Two

Workshop D: Healthcare Regulatory Update

Lauren Johnson, APA, CFC, Partner, McGregor & Associates, Inc.

Workshop E: Growing Employee Engagement Through the Development of a Wellness Champions Team

Jenny Goins, SPRH, Commissioner, Kentucky State Personnel Cabinet, Department of Employee Insurance

Jennifer Alvis, RDL, Staff Assistant, Kentucky State Personnel Cabinet, Department of Employee Insurance

Workshop F: Does Too Little Sleep = Too Much Weight?

Sylvia Moore, MS, RD, LD, SNS, Health Coach, KC Wellness

12:15 p.m. | Lunch with Sponsors and Exhibitors

1:15 p.m. | Concurrent Session Three

Workshop G: Ensuring Your Workplace Wellness Program is Legal

Kelly Holden, Partner, DBL Law

Workshop H: Engage, Equip and Elevate Your Workforce

Carlos Rivas, MS, CSCS, ACSM, ACLS, President, ProFormance Health & Wellbeing

Workshop I: WorkSafe: Helping Workplaces Address Intimate Partner Violence

Cassie Drochelman, M.Ed., Program Manager, Mary Byron Project

Michele Henry, J.D., Partner, Craig Henry PLC

2:30 p.m. | Active Shooter Preparation: Community Collaboration

Jennifer Hoert, Ph.D., SHRM-CP, PHR, Patient Experience Manager, Norton Women's and Children's Hospital

James Batus, CSP, CHSP, Safety Manger, Norton Women's and Children's Hospital
Maggie Roetker, Director, Public Relations, Norton Healthcare

3:15 p.m. | Uncommon Stress-Management Tools for Workplace Wellness

Angela Greer, CTACC, RMT, CLTY, RYT, Energy Health Coach, MyLife Strategic LLC

4:30 p.m. | Day one adjourns

WEDNESDAY – MARCH 27

8 a.m. | Registration and Healthy Kick-Start Breakfast with Sponsors and Exhibitors

8:30 a.m. | Welcome

Day Two Emcee: *Jeanne Fisher, CFP®, CPFA, MBA, Senior Financial Advisor, ARG1*

8:35 a.m. | The Crushing Burden of Debt and How You Can Help

Jeanne Fisher, CFP®, CPFA, MBA, Senior Financial Advisor, ARG1

9:45 a.m. | Concurrent Session Four

Workshop J: Becoming Your Best Self: A Culture of Health and Wellness Begins with You

Dan Fisher, MHA, CHWC, Operations Manager, Faculty, Sullivan University College of Pharmacy

Workshop K: Using Effective Drug Policies and Testing to Reduce the Pain of the Opioid Epidemic

George Adams, Partner, Fisher & Phillips

Workshop L: Redefining Delivery and Cost of Healthcare for Employers

Christina Heckathorn, Benefit Advisor, Employee Benefit Associates, Inc.

Jeremy Stich, MD, Physician, Medical Director, Access Med

11:00 a.m. | Concurrent Session Five

Workshop M: Obesity, The Cost Driver and What to Do About It

Mike Campbell, Strategic Advisor/Owner, On Target Health

Julie Joerger, SPHR, Director of HR, M&A, Hillenbrand Inc.

Workshop N: CSA Produce Subscription Vouchers – Evaluating Employee Impacts on Diet-Related Pharmacy and Medical Expenditures

Timothy Woods, Professor, University of Kentucky

Jairus Rossi, Ph.D., Research Partner, University of Kentucky

Jody Ensman, HR Manager Health & Wellness, University of Kentucky

Workshop O: Solving the Wellness Challenge

Amy Ritsema, Co-Owner, OnSite Wellness

12:00 p.m. | Lunch with Sponsors and Exhibitors

1:00 p.m. | The Future of Health Care and Wellness Plans

Sherry Porter, Partner, Wyatt Tarrant & Combs
Doug McSwain, Partner, Wyatt Tarrant & Combs

2:15 p.m. | Emotional Health: Why It Matters to Our Workforce . . . and Their Employers

Alice Shade, CEO, SentryHealth

3:30 p.m. | 11th Annual Kentucky Health & Wellness Conference adjourns

Register

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presented by



silver sponsor **ICWS** Integrated Corporate Wellness Solutions

Location and Lodging

March 26-27, 2019 (81197)

Griffin Gate Marriott Resort & Spa, 1800 Newtown Pike, Lexington, Ky. 40511

Phone: 800-228-9290

Room Rate: \$114* | Hotel Room Cutoff Date: March 5, 2019

When contacting hotel for lodging, please specify that you are with the Kentucky Chamber of Commerce's 11th Annual Kentucky Health and Wellness Conference to receive the discounted rate.

**The advertised Kentucky Chamber room rate cannot be guaranteed after the cutoff date.*

Registration Fees

- \$595 Kentucky Chamber/KYSHRM members
- \$695 Non-member

SPECIAL OFFER
Register 1
Get the 2nd
1/2 OFF!

Breakout sessions (Choose one from each session)

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10:30 a.m. | Concurrent Session One

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- B: Adopting Wellness Action Plans from Millennials to Baby Boomers
- C: Diabetes Prevention Program: Offering an Evidence-based Lifestyle Change Program to Improve Wellness

11:25 a.m. | Concurrent Session Two

- D: Healthcare Regulatory Update
- E: Growing Employee Engagement Through the Development of a Wellness Champions Team
- F: Does Too Little Sleep = Too Much Weight?

1:15 p.m. | Concurrent Session Three

- G: Ensuring Your Workplace Wellness Program is Legal
- H: Engage, Equip and Elevate Your Workforce
- I: WorkSafe: Helping Workplaces Address Intimate Partner Violence

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- K: Using Effective Drug Policies and Testing to Reduce the Pain of the Opioid Epidemic
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- N: CSA Produce Subscription Vouchers – Evaluating Employee Impacts on Diet-Related Pharmacy and Medical Expenditures
- O: Solving the Wellness Challenge

Attendee Information (Copy for additional registrants)

To process your order, the entire registration form must be complete.

Name _____

Title _____

Company _____

Address _____

City/State/Zip _____

Telephone _____ Fax _____

Email _____

Principal Line of Business _____ Number of Employees _____

*I understand that by providing the phone, fax number and e-mail information above on behalf of the person/company/organization specified above, I am authorized to and hereby consent for the person/company/organization to receive communication by or on behalf of the Kentucky Chamber of Commerce.

Payment

Bill me. PO# (not required) _____

Check enclosed (payable to Kentucky Chamber of Commerce).

Charge. VISA MC American Express

Card # _____

Exp. date _____ Security code _____

Name on card _____

Signature _____

Cancellations/Substitutions

Cancellations must be made no later than five business days prior to the program for a full refund. After this date, no cash refunds will be granted. Substitutions are welcome. Special accommodations made upon request.