



NEW AGENDA!
 Over 25 Speakers
 7 General Sessions
 10 Workshops

12TH ANNUAL KENTUCKY

HEALTH CARE AND WELLNESS CONFERENCE

March 24-25, 2020 | Hilton Lexington Downtown



“ 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



12TH ANNUAL KENTUCKY HEALTH CARE AND WELLNESS CONFERENCE

Why Attend

The focus on health care 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 care 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



SHRM Professional Development Credits (PDCs)

Continuing education

The Kentucky Chamber is recognized by SHRM to offer Professional



HRCI recertification

Development Credits (PDCs) for SHRM-CP or SHRM-SCP.

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

Rave Reviews from past attendees

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

First time attendee so I didn't know what to expect. Overall, very good program! HSA info was on spot.
Kyle Stacy – Bim Group

Was better than last year. Loved the keynote. So energetic and engaging!!! Learned a lot. Great presenter. Always enjoy listening to Ashli (Watts). She is very knowledgeable.

Jennifer Meade – Members Heritage Credit Union

Great job. Information presented was helpful and applicable. Awesome job presenting material. Definitely a time for self-reflection.

Christy Roe – Premise Health

Great! Learned a lot!

Linda Holmes – Methodist Hospital, Inc.

Great information that can be used for anyone or any age.

Karen Lowe – East Kentucky Network DBA Appalachian Wireless

Very eye opening. Great info. Relevant, clear, concise.
Lauren Kirby – Christian Appalachian Project, Inc.

Great job! Lots of good information
Christy Roe – Premise Health

Jeanna (Fisher) is a good presenter. She provided great facts and statistics. Angela (Gaffney) is engaging and interesting. She provided great suggestions, recommendations. I walked away inspired and with ideas.

Michele Leaks – Blue & Co., LLC

Agenda

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

TUESDAY – MARCH 24

8 a.m.

Registration and Healthy Kick-Start Breakfast with Sponsors and Exhibitors

8:30 a.m.

Welcome
Speaker TBD

8:35 a.m.

Opening Keynote:
The Pervasive Growth of Mental Health in Wellness Programs: Get on Board
Kim Farmer, CCWS, Corporate Wellness Specialist, Mile High Fitness and Wellness

9:45 a.m.

The Future of Health Care and Wellness Plans
Sherry Porter, Partner, Wyatt Tarrant & Combs
Doug McSwain, Partner, Wyatt Tarrant & Combs

11:00 a.m.

Concurrent Session One
Workshop A:
Healthcare Policy Updates from 2020 General Assembly Session and Beyond
Anne-Tyler Morgan, JD, Member, McBrayer, PLLC

Workshop B:

Cardio-Metabolic Testing in the Workplace
Travis Burgett, President, Integrated Corporate Wellness Solutions, LLC

12:00 p.m.

Lunch with Sponsors and Exhibitors

1:00 p.m.

Concurrent Session Two
Workshop C:
How to Create a Culture of Health Through Physical Activity: One Dimension of Wellness
Carrie Davidson, Ed.D, ACSM EP-C, RYT200, MoveWell Fitness Manager, University of Kentucky

Workshop D:

Fighting the Rising Costs of Medical Expenses Arising from Work-Related Claims
Ronald Pohl, JD, Pohl & Aubrey PSC
Joel Aubrey, JD, Pohl & Aubrey PSC

2:00 p.m.

Concurrent Session Three
Workshop E:
Cumulative Trauma in Kentucky
Robert Ferreri, JD, MBA, Managing Partner, Ferreri Partners, PLLC

Workshop F:

Symptoms of a Sick Wellness Program...and How to Heal It!
Terry Gehrke, MCHES, CHWC, EP-C, President and Founder, Balanced Wellness LLC

3:15 p.m.

Direct Primary Care – A Healthier Happier Workforce
Matt Dawson, MD, Founder/CEO, Wild Health
Jeremy Stich, MD, CMAO, Wild Health

4:00 p.m.

Implementing Workplace Wellness Programs
Cassie Robinson, MBA, HR Manager, Toyota Motor Manufacturing
Christy Roe, Registered Nurse, Premise Health

5:00 p.m.

Day one adjourns

WEDNESDAY – MARCH 25

8 a.m.

Registration and Healthy Kick-Start Breakfast with Sponsors and Exhibitors

8:30 a.m.

Welcome
Speaker TBD

8:30 a.m.

Welcome and Legislative Overview
Kate Shanks, Vice President, Public Affairs, Kentucky Chamber of Commerce

8:45 a.m.

Now Is Your Time – Work Life Balance (Time Management)
Robert Lemon, CFP, Believe Your Dreams Inc.

10:00 a.m.

Concurrent Session Four
Workshop G:
Are Rising Healthcare Costs Keeping You Up at Night? Tips for Addressing Healthcare Affordability
Tiffany Cardwell, SHRM-CP, PHR, CCP, HR Advisory Principal, MCM HR Solutions Group
Stephanie Clouser, MS, Data Scientist, Kentuckiana Health Collaborative
Randa Deaton, MA, Executive Director, Kentuckiana Health Collaborative

Amanda Elder, Corporate Health & Wellness Coordinator, Louisville Gas & Electric and Kentucky Utilities

Workshop H:

The House that Wellness Built – Turning Your Integration and Collaboration Keys to Open the Door to Success
Vicky Stevens, M.Ed., ODCP, WELCOA Faculty Certified, Director, Talent and Organization Development, Kentucky Center for the Performing Arts
Stacy Ridgway, Sr. Manager of Accessibility Services, Kentucky Center for the Performing Arts

11:30 a.m.

Lunch with Sponsors and Exhibitors

12:30 p.m.

Concurrent Session Five
Workshop I:
Data Analytics and Your Health Plan – Not Just Another Buzz Word
Christina Heckathorn, Benefit Advisor, Employee Benefit Associates, Inc.
Greg Humkey, GBDS, Benefit Advisor, Employee Benefit Associates, Inc.

Workshop J:

Moving Your Wellness Plan to the Next Level: The Challenge of Maintaining a Culture of Health in the Workplace
Kelly VanHoose, Chief Operating Officer, KC Wellness, Inc.

1:30 p.m.

Optimizing Employee Health in the Precision & Digital Health Era
Kathie McDonald-McClure, JD, CHC, Partner, Wyatt, Tarrant & Combs, LLP
Kayla Anderson MPH, RDN, LD, CDE, Director of Clinical Operations, SentryHealth
Jeremy Stich, MD, CMAO, Wild Health

2:30 p.m.

Four Guiding Principles to Ensure Your Wellness Program Actually Improves Health
Travis Burgett, President, Integrated Corporate Wellness Solutions, LLC
Ryan Byars, Vice President, Integrated Corporate Wellness Solutions, LLC

3:30 p.m.

12th Annual Kentucky Health Care and Wellness Conference Adjourns

Register 12TH ANNUAL KENTUCKY HEALTH CARE AND WELLNESS CONFERENCE

Location and Lodging

March 24-25, 2020 (81271)

Hilton Lexington Downtown, 369 West Vine Street, Lexington, Ky. 40507
Ph: 859-231-9000 or 877-539-1648

Room Rate: \$123* | Hotel Room Cutoff Date: March 10, 2020

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

When contacting hotel for lodging, please specify that you are with the Kentucky Chamber of Commerce's 12th Annual Kentucky Health Care 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

Breakout sessions (Choose one from each session)

TUESDAY, MARCH 24, 2020

11:00 a.m. | Concurrent Session One

- A: Healthcare Policy Updates from 2020 General Assembly Session and Beyond
- B: Cardio-Metabolic Testing in the Workplace

1:00 p.m. | Concurrent Session Two

- C: How to Create a Culture of Health Through Physical Activity: One Dimension of Wellness
- D: Fighting the Rising Costs of Medical Expenses Arising from Work-Related Claims

2:00 p.m. | Concurrent Session Three

- E: Cumulative Trauma in Kentucky
- F: Symptoms of a Sick Wellness Program...and How to Heal It!

WEDNESDAY, MARCH 25, 2020

10:00 a.m. | Concurrent Session Four

- G: Are Rising Healthcare Costs Keeping You Up at Night? Tips for Addressing Healthcare Affordability
- H: The House that Wellness Built – Turning Your Integration and Collaboration Keys to Open the Door to Success

12:30 p.m. | Concurrent Session Five

- I: Data Analytics and Your Health Plan – Not Just Another Buzz Word
- J: Moving Your Wellness Plan to the Next Level: The Challenge of Maintaining a Culture of Health in the Workplace

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.