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# 12th Annual Kentucky Health Care and Wellness Conference

March 11-12, 2021 | Griffin Gate Marriott Resort & Spa | Lexington

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presented by



# 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

## 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

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](http://kychamber.com/events/education/health-wellness/agenda)

## THURSDAY – MARCH 11

**8 a.m.**

**Registration and Healthy Kick-Start Breakfast with Sponsors and Exhibitors**

**8:30 a.m.**

**Welcome, Housekeeping and Speaker Introduction**  
*Speaker TBD*

**8:35 a.m.**

**Navigating the Future of Health Care and Wellness Plans – Impacts of the Biden Administration and Pandemic**  
*Sherry Porter, Partner, Wyatt Tarrant & Combs*  
*Doug McSwain, Partner, Wyatt Tarrant & Combs*

**10:00 a.m.**

**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.*

**11:00 a.m.**

**Got Wellness? Tips on Engaging Talent During a Pandemic**  
*Tiffany Cardwell, SHRM-CP, PHR, CCP, HR Advisory Principal, MCM HR Solutions Group*  
*Kristin Meschler, CCWS, CWC, Regional Director of Health and Productivity, AssuredPartners*

**12:00 p.m.**

**Lunch with Sponsors and Exhibitors**

**1:00 p.m.**

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

**2:15 p.m.**

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

**3:00 p.m.**

**How to Create a Culture of Health Through Physical Activity: One Dimension of Wellness**  
*Carrie Davidson, Ed.D, ACSM EP-C, RYT500, MoveWell Fitness Manager, University of Kentucky*

**4:00 p.m.**

**Day One Adjourns**

## FRIDAY – MARCH 12

**8:00 a.m.**

**Registration and Healthy Kick-Start Breakfast with Sponsors and Exhibitors**

**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.**

**Decreasing Employee Medical Spend by Preventing Hospital Readmissions - What Can You Do?**  
*Pamela Thompson, BSN, RN, Market Director Care Management, CHI Saint Joseph Health Partners*

**11:00 a.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*

**12:00 p.m.**

**Lunch with Sponsors and Exhibitors**

**1:00 p.m.**

**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, Kentuckiana Health Collaborative*  
*DeAnna Hall, Manager, Corporate Health and Wellness, LG&E and KU Energy LLC*

**2:00 p.m.**

**Supporting Caregiver Needs for Your Employee Population**  
*Megan Neumann, MS, RD, LDN, Principal Consultant, Total Health Management, Mercer*

**3:00 p.m.**

**12th Annual Kentucky Health Care and Wellness Conference Adjourns**



# 12th Annual Kentucky Health Care and Wellness Conference

## Location and Lodging

March 11-12, 2021 (81344)

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

Ph: 800-228-9290 or 859-231-5100

Room Rate: \$132\* | Hotel Room Cutoff Date: February 1, 2021

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.*

## Two Registration Options

- You may register for in-person OR online training.
- In-person training will be limited to the first 40 registrants.
- If the in-person training reaches capacity, it will no longer be a registration option.
- The registration cost is the same for both.



## Registration Fees

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

## 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.

“ 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