



# 13th Annual Kentucky Health Care and Worksite Wellness Conference

Presented by



BAPTIST HEALTH®

DIRECT EMPLOYER STRATEGIES

*Delivered by BluMine Health*



BluMine.  
HEALTH

**March 24-25, 2022** | Griffin Gate Marriott Golf Resort & Spa | Lexington

Gold Sponsor

**sa•na**

Silver Sponsors

ICWS  
Integrated Corporate Wellness Solutions

ARGI  
PERSONAL & BUSINESS  
FINANCIAL CLARITY



## 13th Annual Kentucky Health Care and Worksite Wellness Conference

### Why Attend

The focus on health care and worksite 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 worksite 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 and implement in our workplace. Great information to assist with building culture in my workplace.

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

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.

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

Great! Learned a lot!

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

Very eye opening. Great info. Relevant, clear, concise.

Great job! Lots of good information.

Great facts and statistics. I walked away inspired and with ideas.”

# Agenda

Session descriptions can be found at [kychamber.com/events/education/health-wellness/agenda](http://kychamber.com/events/education/health-wellness/agenda)

## THURSDAY – MARCH 24

**8:00 a.m. | Registration and Healthy Kick-Start Breakfast with Sponsors and Exhibitors**

**8:30 a.m. | Welcome**

*Michael Dees, President & CEO, BluMine Health*

**8:35 a.m. | The Future is Here! – Legal Update on Health Care and Wellness Plans**

*Sherry Porter, Partner, Wyatt Tarrant & Combs*

*Doug McSwain, Partner, Wyatt Tarrant & Combs*

**9:45 a.m. | Morning Energy Break with Sponsors and Exhibitors**

**10:00 a.m. | Bandwidth and Boundaries**

*Vitale Buford Hardin, CEO, The Hardin Group*

**11:00 a.m. | New Ways to Think About Workplace Wellness**

*Angie McCorkle Buckler, JD, Acting Managing Director, Commonwealth Theatre Center*

*Victoria Reid, CMP, CMM, RYT, Founder, EventWell Collective*

*Jamie Swaim, SPHR, Founder, Parcel, LLC*

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

**1:00 p.m. | Case Study: Medical Clinic Access – It's not Just for Large Companies Anymore**

*Winston Griffin, Chairman of the Board/CEO, Laurel Grocery Company*

*DeAnna Hall, Corporate Health and Well-being Manager, LG&E and KU Energy LLC*

*Moderator: Julie Miller, Director Sales & Marketing, BluMine Health*

**2:15 p.m. | Afternoon Break with Sponsors and Exhibitors**

**2:30 p.m. | Legislative Updates for Health Care Employers**

*Anne-Tyler Morgan, Member, McBrayer, PLLC*

**3:20 p.m. | Let's Move: Chair/Stretching**

*Ryan Mason, PhD, CSCS, Exercise Specialist, UK Health and Wellness*

**3:30 p.m. | Healthcare Ate My 401(K) Contributions – Part II**

*Rocke Blair, Managing Director, HUB International*

*Peggy West, CEBS; ISCEBS Fellow, Owner, Benefit Plan Diagnostics (BPD), LLC*

**4:30 p.m. | Day one adjourns**

## FRIDAY – MARCH 25

**8:00 a.m. | Registration and Healthy Kick-Start Breakfast with Sponsors and Exhibitors**

**8:30 a.m. | Welcome and Legislative Overview**

*Kate Shanks, Senior Vice President, Public Affairs, Kentucky Chamber of Commerce*

**8:40 a.m. | Be the Spark – Leading Differently During COVID-19**

*Robert Lemon, CFP, Believe Your Dreams Inc.*

**9:35 a.m. | Morning Energy Break with Sponsors and Exhibitors**

**9:50 a.m. | How Do You Answer: "What is the 'ROI' on a Health and Wellness Benefits Plan?"**

*Curt Dame, Vice President, Aon Health Solutions*

*Karen Helmerich, HR Benefits Manager, Owensboro Health*

*Amanda Faulkner, Corporate Health & Wellness Coordinator, LG&E and KU*

*Moderator: Doug McSwain, Partner, Wyatt Tarrant & Combs*

**10:50 a.m. | Think About It: Meditation/Breathing Exercises**

*Jackie Carroll, Health Coach, UK Health & Wellness*

**11:00 a.m. | Suffering in Silence: Addressing a Workplace Epidemic**

*Sherri Williams, Founder & CEO, Health Maintenance Advantage*

*Annetta Hunter, Owner & Founder, WellNow Consultants, LLC*

*Laura Wood, SHRM-CP, PHR, President/Owner, Out of the Woods HR*

*Megan Cole, Area Director, Suicide Prevention: AFSP Kentucky*

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

**1:00 p.m. | Understanding Your Health Plan Metrics**

*Stephanie Clouser, Senior Director, Data Management and Innovation, Kentuckiana Health Collaborative*

**2:00 p.m. | Futureproofing Health and Wellbeing Benefits**

*Colleen Hekkanen, LCSW, CCM, Chief Clinical Services Officer, SentryHealth*

**3:00 p.m. | 13th Annual Kentucky Health Care and Wellness Conference Adjourns**



# 13th Annual Kentucky Health Care and Worksite Wellness Conference

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

## Location and Lodging

**March 24-25, 2022 (81424)**

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

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

Room Rate: \$138\* | Hotel Room Cutoff Date: February 24, 2022

When contacting hotel for lodging, please specify that you are with the Kentucky Chamber of Commerce's 13th 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

## 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

”