



Marathon Health Customer Forum 2017

Healthy Minds, Healthy Bodies

Agenda: August 27 – 30, 2017

sunday pm

August 27

3:30 - 5:00

Registration

5:00 - 7:00

Welcome

Scott LaPlant, CFO

Cocktail Reception and Opening Event

Oz Pearlman, Mentalist

The international mentalist, speaker, magician, and athlete Oz Pearlman has been featured on America's Got Talent, Late Night with Jimmy Fallon, NBC's TODAY Show, and dozens of other media outlets for his extraordinary mental powers.

7:15

Dinner and Pub Trivia

monday am

August 28

6:30 - 7:15

Get Up and Move

Group fitness classes

7:30 - 8:30

Breakfast

8:45 - 9:00

Opening Remarks

Jerry Ford, CEO

9:00 - 10:00

Keynote: The Startling Power of Yoga and Mindfulness in Developing Communities

Co-founders Ali Smith, Atman Smith, and Andres Gonzales, Holistic Life Foundation

The Holistic Life Foundation is a Baltimore-based organization committed to nurturing the wellness of children and adults in under-served communities. Hear how they help children develop their inner lives through yoga, mindfulness, and self-care and the results they achieve in the schools they serve.

10:00 - 10:15

Break

10:15 - 11:00

Cut-Throat Doesn't Cut It: Leveraging Positive Organizational Culture for Change

Moderator: Greg Howe, Health, Safety, and Performance Manager, Lincoln Industries

Tricia Griggs, Health and Wellness Manager, Aflac

Scott Habermehl, Director of Human Resources, Boar's Head

Lynn Sanchez, Wellness Program Manager, City of Fort Collins

Lincoln Industries, like Boar's Head, Aflac, and the City of Fort Collins, puts culture leaders first. Hear how these innovative leaders leverage culture to drive change and health improvement across their organizations.



Marathon Health Customer Forum 2017

2017 Agenda *continued*

monday am *August 28*

11:00 - 11:30

Case Study: Expansion Strategies

Sue Degrosky, Director, Benefits, C&S Wholesale Grocers

Addressing the health and benefits needs can be complex in growing organizations. Hear how C&S expanded health services to newly acquired sites for equitable benefits across several locations.

11:30 - 1:00

Poster Fair / Lunch

monday pm *August 28*

1:00 - 1:45

Nutrition Mission: Supporting Healthy Food Choices at Work

Peggy Federico, NP, Marathon Health at City of St. Cloud

Emily Davis, FNP, Marathon Health at Laitram

Melissa Perry, RD, Health Coach, Marathon Health at City of Chattanooga

Employers trying to stem the cost of employee health problems resulting from bad eating habits have yet another preventative tool at their disposal: healthy food. Marathon Health clinicians share programs that help support employees with fresh food and better nutrition during the workday.

1:45 - 2:00

Break

2:00 - 2:30

Creative Solutions to Rx Cost: Chesapeake School District Offers Full Pharmacy

Jim Ward, Director of Financial Services and Risk Management, Chesapeake Schools

Dan Doeblner, President, On-Site Rx

Like many organizations, Chesapeake Public Schools was vexed by 24 percent of their healthcare costs going to prescription drug purchases. In an industry-first, they decided to cut out the middle man and open their own full-service pharmacy through a contracted vendor. Hear how this benefit saved employees money and reduced cost to the school district.

2:30 - 3:00

Financial Literacy: Empowering Employees with Financial Education

Starr Barnum, Independent Financial Services Professional, The Vermont Agency

Starr Barnum combines his expertise and unique approach to managing money to support clients at every stage of life. Learn about his sought-after financial literacy program, designed to help reduce stress and improve employees' overall wellness through education and advocacy.

3:00 - 3:30

Break

3:30 - 6:30

Stowe Amazing Race

6:30

Farmers' Market Dinner



Marathon Health Customer Forum 2017

2017 Agenda *continued*

tuesday am August 29

6:30 **5K Walk/Run**

8:00 **Breakfast**

9:00 **Keynote: One Moment Changes Everything | Make a Wish Foundation**

Jamie Heath, wish recipient, Make a Wish Vermont

James Hathaway, CEO, Make a Wish Vermont

9:30 - 10:15 **Impact of Depression in the Workplace: Current Status and New Solutions**

Debra Lerner, MS, PhD, Director of Program on Health, Work, and Productivity, Tufts Medical Center

As the founder of the Program on Health, Work and Productivity, Dr. Lerner has dedicated her career to studying health-related work performance and productivity. Here she explains why depression is one of the most expensive workplace health problems and presents a business case for taking action.

10:15 - 10:30 **Break**

10:30 - 10:50 **Worksite Health Centers: Screening, Diagnosing, and Treating Depression**

Dr. Sasha Loffredo, VP of Medical Services; Mary Jane Gilmer, NP; and Laurie Haefele, NP

Using a 3-minute questionnaire called the PHQ-9, Marathon Health routinely screens patients for depression. See what results we've uncovered and how targeted programming, including a biofeedback program called HeartMath, have improved depression rates at Chico's.

10:50 - 11:15 **Interactive Session: Employer Solutions for Behavioral Health**

Come prepared to share what your organization is doing to address mental health issues in the workplace.

11:15 - 11:30 **Adding Behavioral Health Counseling to your Employee Health Program**

Beverly Raymond, ANP-BC, MSN, VP of Clinical Operations

This session will cover how your organization can address stress, anxiety, depression, and other complex mental health issues that are impacting your workforce and your organization with our behavioral health services.

11:30 - 12:00 **Case Study: Integrating Wellness Services with the Health Center**

Sarah Morales, Wellness Benefits Coordinator, Larimer County, Colorado

Andrea Bilderback, Health Promotion and Outreach Specialist, Larimer County, Colorado

Hear how Larimer County introduced wellness programs with the Wellness Center to increase engagement and improve health outcomes of hard-to-reach employees in the Road and Bridge Department.

12:00 - 1:30 **Lunch**



Marathon Health Customer Forum 2017

2017 Agenda *continued*

tuesday pm *August 29*

- 1:30 - 2:00 **Leveraging the Ingredients of FUN for Positive Behavior Change**
Marguerite Dibble, CEO and Founder, Game Theory
As a junior in college, Marguerite founded GameTheory, a game development firm that went on to create the multiple-award winning strategy game, "Pathogen." Witnessing the power of games to drive behavior, she began to apply her insights to bring about positive behavior change in health and other areas. Her understanding of what motivates individuals to act will help you design effective employee engagement programs.
- 2:00 - 2:45 **All Hands on Deck: A Collaborative Approach to Engagement**
Moderated by Leta Vander Veen, Account Manager
Tricia Iseman, Senior Associate, Mercer
Brea Hostetler, RN Health Coach
Jamie Naughton, Director of Benefits, CLARCOR
In the eternal quest for high employee engagement in your health programs, you may have underutilized resources. Leta Vander Veen leads a discussion on how you can bring the expertise of various stakeholders—your consultant, clinical team, and internal leaders—together to develop the most effective strategies for achieving optimal results.
- 2:45 - 3:15 **Diabetes Deep Dive**
Kelly Macnee, Senior Healthcare Analyst
Jane Julian, NP, Advanced Diabetes Manager
People with diagnosed diabetes incur medical expenses 2.3 times higher than they would without the disease, in addition to suffering reduced quality of life and productivity. Learn how your health center data can help you understand the impact of diabetes at your organization and what opportunities you may have to turn the dial.
- 3:15 - 6:00 **Break/Networking**
- 6:00 **Casino Night and Celebration Dinner**

wednesday *August 30*

- 8:00 **Breakfast**
- 9:00 **Keynote: Gaining the Competitive Edge**
Barbara Cochran, Olympic Gold Medalist and Sports Performance Consultant
- 10:00 **Closing Remarks**
Jerry Ford, CEO
- 10:15 **Adjourn**