

# 2025 INDIANA WELLNESS SUMMIT AGENDA

September 11 | Embassy Suites by Hilton Noblesville

## SUMMIT PARTNERS



## SUMMIT SPONSOR



7:30 a.m. - 4:30 p.m. Registration Desk Hours

7:30 a.m. Continental Breakfast

8:30 a.m. Opening General Session

### Welcome and Opening Comments

Ashley O'Rourke, Executive Director, Wellness Council of Indiana and Brett Hulse, Vice President, Investor Relations, Indiana Chamber of Commerce

### Opening General Session Panel: Obesity Care Now and in the Future Panel [Waters Ballroom]

Panelists: Kevin Hern, Senior Vice President, Market Access, Lilly USA, LLC, Eli Lilly and Company; Dr. Anthony Bashall, Indiana Heart Physicians, part of the Franciscan Physician Network and Major Health Partners in Shelbyville; and Jon Hooker, Executive Director, Central Indiana Building Trades. Moderated by Jennifer Pferrer, Vice President, Impact and Development, Wellness Council of Indiana

9:30 a.m. Break

10 a.m. Engagement Session One

### A. Leveraging Data and Technology in Employee Wellness Programs

- Identify and describe key data-driven strategies for personalizing employee wellness programs
- Evaluate and select appropriate technology tools (e.g., mobile apps, wearables) to enhance engagement and support specific wellness interventions
- Develop practical implementation plans for data-driven wellness programs that demonstrate measurable positive impact

Brittany Harcourt, Owner and Managing Director, Wellness Innovation Tools

### B. Why Your People Don't Care About the Wellness Program (And What to Do About It)

- Learn why many wellness programs fail to capture employee interest and how to overcome these barriers by focusing on personalization, culture and leadership involvement
- Explore how leaders and middle management can play a crucial role in supporting wellness initiatives, with the help of AI tools, fostering a culture of well-being through simple, effective actions without requiring extensive training
- Gain tools and strategies to create wellness programs that resonate with employees, set measurable goals and ensure long-term impact

Brittany Nelson, MS, RD, CHWC, Director of Population Health and Well-Being, Shepherd Insurance

### C. Preventing Workplace Injuries: Enhancing Employee Wellness for a Safer Work Environment

- Identify common injury trends through data analysis that helps implement targeted safety measures, reducing workplace accidents and promoting employee well-being
- Why investing in wellness programs, ergonomic workplace designs and mental health initiatives can prevent physical and stress-related injuries
- How regular safety training, clear communication and active employee participation in safety programs can create a culture of accountability and reduce workplace injury risks

Brandy Royer, MS, Associate Director, Benefits and Cindy Guy, RN, BSN, Senior Benefits Administrator, Workers Compensation, Purdue University; and Jonathan Lenze, ATC, EIS, Industry Manager, ATI Worksite Solutions

10:45 a.m. Break

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## 11 a.m. Engagement Session Two

### D. How One Employer Created a Best-In-Class Wellness Program by Leveraging Data Insights

- Effectively understand how health plan data can be used to inform decision-making processes and develop strategies that improve health outcomes and plan spend
- Identify and implement strategies to encourage healthier behaviors, leverage health coaching, optimize plan design and effectively use incentives to improve health outcomes and promote a culture of well-being
- Analyze health program data, collaborating with brokers and wellness professionals for solutions to develop effective programs that improve health outcomes

*Sophia Fox, MPH, CHES, Population Health Strategist, Vital Incite; Josh Drake, Director of Talent Acquisition and HR, Performance Services Inc.; and Susan Van Hoosen, CCWS, CHC, Wellness Program Manager, LHD Benefits*

### E. Parkview Pups Pet Therapy Program

*Freddie Austin, Parkview Health*

### F. Bell Seal Certification for Workforce Mental Health and Wellness

- What is Bell Seal Certification
- Benefits of Bell Seal Certification
- How to apply for Bell Seal Certification

*Jama Donovan, Workforce Wellness Director, Mental Health America of Indiana*

## 12:00 p.m. 2025 AchieveWell and Indiana Healthy Communities Awards Luncheon

Featuring the AchieveWELL Awards, Indiana Healthy Communities Awards, Bell Seal Recognition, and the Hoosier Well-Being Champions

### Lunch Keynote Panel: Proven Pathways to Wellness: Lessons from AchieveWELL Companies and Indiana Healthy Communities

*Panelists: Monica Combs, Corporate Services Manager, Toyota Materials Handling Inc.; Dustin Mikesell, Associate Vice President of Employer Partnerships, Riverview Health, and Jaime Willis, Senior Benefits and Wellness Manager, Pacers Sports and Entertainment. Moderated by Ashley O'Rourke*

1:30 p.m. Break

## 1:45 p.m. Engagement Session Three

### G. It's Not Your Fault, but It Is Your Problem: How HR Leaders Can Solve Employers' Business Problems by Addressing Employees' Personal Problems

- Identify key challenges impacting employee well-being
- Recognize the business impact of addressing employee challenges
- Apply actionable strategies for HR programs and policies

*Peter Dunn, Founder and CEO, Your Money Line*

### H. Smart Spending, Healthier Workforce: Choosing the Right Vendors to Drive Outcomes

- Understanding health benefit cost drivers
- Vendor selection criteria for impactful outcomes
- Leveraging data and technology

*Kelly Fenol, MHA, Directing Manager, and Jennifer Risk, Spire*

### I. Navigating Federal Workplace Accommodation Laws: The FMLA, ADA and PWFA

- Review the current landscape of federal accommodation laws and requirements for ensuring ongoing compliance
- Analyze the interplay between the Family Medical Leave Act (FMLA), Americans with Disabilities Act (ADA) and the Pregnant Workers Fairness Act (PWFA)
- Evaluate federal accommodations laws through workplace hypotheticals and discussion

*Megan Van Pelt, Associate and Melissa Macchia, Partner, Taft Stettinius & Hollister LLP*

2:30 p.m. Break

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## 2:45 p.m. Engagement Session Four

### J. How Next-Generation Lifestyle Medicine Programs Are Helping Employers Address and Support Chronic Disease Management

- Learn insights from employers who've experienced success
- How lifestyle medicine education can empower and create healthy changes for your people
- Leverage data to build your case for wellness program investments

*Susan Van Hoosen, CCWS, CHC, Wellness Program Manager, LHD Benefit Advisors*

### K. Effective Communication in an Intercultural Workforce

- How to address language and cultural barriers effectively and appropriately
- Recognizing unconscious bias and its impact on communication
- Developing a culturally competent communication strategy

*Martin George, PhD, Founder and CEO and Kaylee Carpenter, Sales Director, LTC Language Solutions*

### L. Emotional CPR – Connect, emPower, Revitalize: An Overview

- Gain an understanding of the importance of and how to authentically be with someone
- How to assist others to realize their power to recover from crises
- Helping employees recognize the value in taking care of themselves, therefore better supporting others

*Lara Williams, Chief Operating Officer, Allies of Indiana and Terri Miller, Collaborative Works*

## 3:30 p.m. Break

## 3:45 p.m. Engagement Session Five

### M. Employer Perspectives on Obesity Management: Balancing Medications, Lifestyle and Cost

- Gain strategies to control rising costs of GLP-1s while improving employee health outcomes
- Discover the role of food, fitness and mental well-being in long-term obesity management
- Hear how employers are designing real-world programs to drive sustainable outcomes

*Panelists: Joy Higbee, MA, Director of Well-Being, Hancock Health; Lisa Day, Health and Wellness Program Manager, Kimball International; and Rachel Otwinowski, Director, Benefits and Well-Being, University of Notre Dame. Moderated by Jennifer Pferrer, Vice President, Impact and Development, Wellness Council of Indiana*

### N. Supporting Maternal Health at Work: From Policy to Practice

- Move beyond compliance to create workplaces that actively champion maternal health
- Preview the Indiana Employer Lactation Toolkit and learn simple steps to jump-start your efforts
- Explore trends shaping the future of maternal health – and what your workforce expects next

*Ashley O'Rourke, Executive Director, Wellness Council of Indiana*

## 4:45 p.m. Adjourn