

THURSDAY, SEPTEMBER 27, 2012

Breakout Session 1

10.45 pm – 12.00 pm

Controlling Costs by Managing Health Risks

T. Kostohryz

Live Healthy Appalachia

Many employers are beginning to realize that if they managed their business the way they manage their healthcare program, they would be out of business. As a result, a new trend is emerging in worksite wellness where “outcomes” are rewarded rather than “efforts.”

Collecting & Managing Wellness Program Data

L. Holmstrand

Wellness Council of WV

Don't be tempted to skip this step with your wellness program. If you want to develop or advance a results-oriented wellness program, you must collect data, crunch and study the numbers, and communicate the results in a language easily understood by others. In this session we will examine common data sources such as health risks appraisals, employee interest and satisfaction surveys, participation rates, absenteeism, turnover, and disability; and discuss how to best use the results from these data sources to benefit your wellness program.

Your Aging Brain

N. Cipoletti

WV Bureau of Senior Services

Shocking new information? No. Secrets of the rich and famous? No. Practical steps that may keep both your brain and your body functioning effectively and efficiently for as long as possible? Yes. Join this interactive discussion for ideas you can use and take back to your workplace.

Your Financial Journey

J. Borman

Wells Fargo

Where are you on your personal financial journey? This session will discuss the roadblocks and challenges you may encounter along the way to your destination – RETIREMENT! Learn how to mark your location, prepare for your trip and how to stick to the map to get where you are going. Figure out how to navigate using the Rules of the Road.

THURSDAY, SEPTEMBER 27, 2012

Breakout Session 2

1.45 pm – 3.00 pm

Melanoma: Advice from a Survivor

C. Adkins

American Cancer Society

Not all melanomas can be prevented, but there are lifestyle changes one can make that may reduce the risk of getting melanoma. Learn what you can do to protect themselves against this deadly disease. Learn about existing cancer education tools and activities.

Diabetes & a Prescription for Exercise

E. Arnold & T. Shepherd

Marshall University

The session will address new approaches regarding exercise prescription with the patient with Type 2 diabetes. Basic pathology will be discussed and the potential role of new exercise approaches will be addressed in terms of its impact on modulating metabolic and neuroendocrine control.

So Now You're in Charge of Wellness

Kelli Frampton

Wellness Council of W

Many times, the person charged with leading the Wellness Revolution at your worksite has had little or no formal training in administering employee wellness programs. This breakout session is an abbreviated version of the Wellness Council of West Virginia's Worksite Wellness 101.



WELLNESS COUNCIL
OF WEST VIRGINIA

THURSDAY, SEPTEMBER 27, 2012

Breakout Session 3

3.15 pm – 4.30 pm

**Employee Assistance Programs -
What, How and \$**

J. Strawn

Highland Hospital

What is an employee assistance program? Learn how providing an EAP can support your organization in fostering an atmosphere that values the balance between work and life. Tips on encouraging employee utilization of your EAP.

**Healthy People 2020:
Review & Renew**

Cheryl Jackson

Wellness Council of WV

The framework of the Healthy People (HP) 2020 objectives can be beneficial to your company. Review the outcomes of HP 2010 and understand not only the direction of HP 2020, but also the resources your wellness team may draw upon to become a part of the national movement. Leave with resources in hand to tie in this program into your overall wellness initiative

The Business Case for Breastfeeding and new DOL Regulations

Christine Compton

WV Breastfeeding Alliance

Businesses that support breastfeeding mothers in the workplace actually save money and reduce turnover rates. Learn about the benefits of being a supportive worksite and the new Department of Labor regulations that require businesses to provide a private space and break time to express milk for non-exempt employees.

FRIDAY, SEPTEMBER 28, 2012

Breakout Session 4

9.45 am – 11.00 am

Asthma & the Workforce

B. Kaplan

American Lung

This session will cover the importance of asthma-friendly homes and workplaces. Tips and information concerning asthma-friendly homes and workplaces will be provided to help reduce asthma episodes and learn control and management of environments.

Challenges of Parenting...Again

E. Lafon

Wellness Council of WV

Parenting a grandchild is becoming more common in our society. Many times the necessity of parenting grandchildren comes out of tragedy. During this session learn about the statistics in WV, understand the impact on the grandparents and see how your company can ease the challenges for employees dealing with parenting again.

Engaging Men in Wellness

B. Leonard

Men's Health Network

The session will highlight Men's Health Network's *Men at Work* program and discuss strategies to target men in the work place in order to get them to take a proactive approach to their health.

ROI for Businesses Investing in Tobacco Prevention

B. Adkins

WV Division of Tobacco Prevention

Tobacco-related illnesses are not only significant public health and social justice issue in WV, but it also must be interpreted as a heavily impacting cost factor to WV businesses. There are substantial business climate problems and costs to every employer in WV!



WELLNESS COUNCIL
OF WEST VIRGINIA