Wake Forest®
Baptist Health

Wellness in the Workplace:

Small Steps, Big Impact

Friday, May 10, 2013

The Hawthorne Inn &
Conference Center

Winston-Salem, NC

A FREE seminar presented by

Wellness and Corporate Health Services of
Wake Forest Baptist Health

Attend our FREE seminar on Friday, May 10, from 8:30 am to 2 pm, and discover important steps for making a wellness program successful.

You'll learn more about health care reform, how to create a culture of wellness at your workplace, and ways to improve the health and productivity of your employees.

Who should attend?

- Human resources directors
- Benefits managers
- Health promotion program directors
- Employee wellness coordinators
- Health and safety professionals
- Wellness professionals
- Anyone interested in learning more about a worksite wellness program

To register, visit WakeHealth.edu/chs
or call 336-716-1270.

The high cost of health care continues to be a growing concern for worksites.

- Maintaining a healthier workforce can lower direct costs such as insurance premiums and workers' compensation claims. It will also positively impact many indirect costs such as absenteeism and worker productivity.
- Since 2000, health insurance premiums for a typical family of four have increased by 114%, proving costly for both employers and employees.
- Productivity losses related to personal and family health problems cost U.S. employers $1,685 per employee per year, or $225.8 billion annually.

(Source: CDC, 2011)

Agenda Friday, May 10

8:30 to 9:55 am \ Healthy Breakfast, Health Fair, and Check-in

Join us for breakfast and a health fair. Find out more about Wake Forest Baptist Health's BestHealth℠, Life Support Education, Brenner Children's Hospital and more.

10 am \ Welcome

Cheryl Locke
Vice President and Chief Human Resources Officer
Wake Forest Baptist Medical Center

10:25 to 11:05 am \ Health Care Reform and Employer-Sponsored Health Plans: Recent Developments and Upcoming Implementation

Brad Roehrenbeck, JD
General Counsel and Vice President of Legal Services & Compliance
MedCost Benefit Services

Mr. Roehrenbeck will provide an overview of recent and upcoming health care reform compliance requirements impacting HR professionals. He will also discuss predictions on the future of health care reform.

Mr. Roehrenbeck provides legal counsel to MedCost's business units and oversees matters relating to corporate, legal, and regulatory compliance. Mr. Roehrenbeck closely monitors and regularly advises the company on a broad array of evolving legal issues, including ERISA, HIPAA, health care reform and state insurance.

Prior to joining MedCost, Mr. Roehrenbeck was an attorney at Kilpatrick Townsend & Stockton. He is a graduate of Wake Forest University and Wake Forest University School of Law.

To register, visit WakeHealth.edu/chs
or call 336-716-1270.

11:10 to 11:50 am \ Creating a Culture of Wellness on a Tight Budget

Christie Hunter, MS, RD, LDN
Wellness and Nutrition Coordinator for ActionHealth
Wake Forest Baptist Health

Ms. Hunter will discuss ways to "think outside the box" when it comes to wellness. Don't have a wellness staff or budget? Struggling to motivate your employees to make healthier choices? Ms. Hunter will discuss creative ways ActionHealth has offered wellness opportunities to employees, how to reach employees with a powerful and motivating message, and resources to enhance your company's wellness program.

For the past 12 years, Ms. Hunter has provided wellness and nutrition activities to 13,000 Wake Forest Baptist employees, volunteers and students through ActionHealth, the company's wellness department.

Ms. Hunter earned a Bachelor of Science degree in nutrition from the University of North Carolina at Chapel Hill and a master's degree from the University of North Carolina at Greensboro. She earned a Certificate of Training in Adult Weight Management from the Academy of Nutrition and Dietetics. Her areas of interest include weight loss and weight management, cholesterol reduction, hypertension and osteoporosis.

12:00 to 12:30 pm \ Healthy Buffet Lunch

continued ▶

Agenda (continued)

12:30 to 1:10 pm \ Doc, When Can I Go Back to Work?

Ken Bush, PA
Director of Occupational Medicine
Wake Forest Baptist Health

Mr. Bush will discuss innovative occupational medicine programs and solutions, as well as the medical provider's role in an employee's return to work.

Mr. Bush received a Bachelor of Science degree in sports medicine from Guilford College, a Bachelor of Applied Science degree from the Physician Assistant Program at Methodist College (now Methodist University), and a Master of Physician Assistant Studies from the University of Nebraska. Mr. Bush is a member of the American Academy of Family Physicians, American College of Occupational Health Professionals and the National Association of Occupational Health Professionals.

1:15 to 1:55 pm \ How to be Healthy: A Primary Care Physician's Perspective

Ray Morrow, MD
Wake Forest Baptist Health

Dr. Morrow will discuss steps employees can take to create lasting, positive changes in their health, and how these steps can lead to longer, healthier and more productive lives.

Dr. Morrow is a primary care physician at Wake Forest Baptist Health's University Internal Medicine–Country Club. Dr. Morrow received his medical degree from Wake Forest School of Medicine and completed his residency in Internal Medicine at Wake Forest Baptist Medical Center, where he also served as an Assistant Chief of Internal Medicine.

1:55 to 2:00 pm \ Closing remarks

To register, visit WakeHealth.edu/chs
or call 336-716-1270.

How to Register

Visit WakeHealth.edu/chs or call 336-716-1270 to register for this FREE seminar. Space is limited and early registration is encouraged. The deadline to register is Wednesday, May 1, 2013.

Location

The event will be held at The Hawthorne Inn & Conference Center, 420 High St., Winston-Salem, NC.

RECEIVE A FREE GIFT FOR ATTENDING
and enter to win one of several exciting door prizes! Must be present to win.

Register online at
WakeHealth.edu/chs
or call **336-716-1270**.

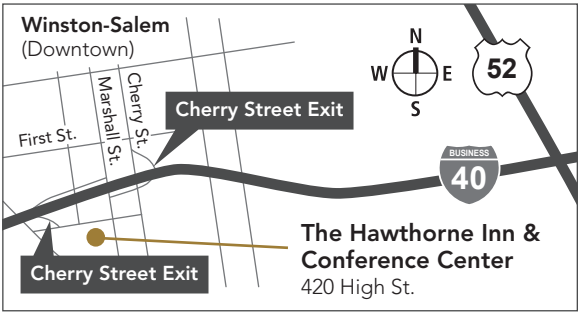
Wellness and Corporate Health Services specializes in wellness programs for businesses in the Piedmont Triad.

Since 1992, we have served the corporate community by providing ongoing access to medical services, wellness programs and community resources through Wake Forest Baptist Medical Center.

We bring health and wellness resources—and the experts from Wake Forest Baptist Health—directly to your worksite. Programs include health screenings, educational events and flu vaccinations. Wellness and Corporate Health Services tailors programs to meet each client's needs.

For more information about our programs and services, please call 336-716-1270.

Directions to The Hawthorne Inn & Conference Center



From Business 40 East: Take the Cherry Street exit (5-C) onto High Street. The front entrance of the hotel is immediately on your right.

From Business 40 West: Take the Cherry Street exit (5-C). At the top of the exit ramp, turn right onto Cherry Street. Turn left at the first traffic light onto First Street. Turn left at the next traffic light onto Marshall Street. Cross over Business 40; the hotel will be on your right.

Register today!

WakeHealth.edu/chs

336-716-1270

Wake Forest®
Baptist Health

Wellness and Corporate Health Services
Medical Center Boulevard
Winston-Salem, NC 27157