

Wellness Certification Program • June 7 and 8

Early Bird Conference Registration: By April 22, 2016



2016 Health Care Provider Wellness Conference

Wellness: Breaking Through the Barriers

June 9 – 10, 2016 • Cape Rey Carlsbad, Carlsbad, CA

ATTENDEES



HOSPITAL ASSOCIATION
of San Diego and Imperial Counties



HOSPITAL ASSOCIATION
OF SOUTHERN CALIFORNIA®



Hospital Council
of Northern & Central California

WHAT'S NEXT IN EMPLOYEE WELLNESS?

It's a fact – worker productivity, retention rates and benefits costs are all affected by health. You've invested in, or are trying to develop, a wellness program but how do you get employees to participate? Join executives and wellness champions at a one-of-a-kind location to explore the next generation of worksite wellness programs that help keep employees – and your organization – in good health.

The 6th Annual Health Care Provider Wellness Conference focuses on designing and implementing solid wellness programs that result in healthy, engaged employees and a stronger bottom line.

PROGRAM OBJECTIVES

- Unveil the latest information about how wellness plans can enhance your workforce and business performance
- Shed light on workplace legal issues facing employers
- Learn about the Blue Zones and how to integrate lessons learned in wellness programs
- Identify effective sleep strategies to help leaders thrive
- Understand how to create cultural support for wellness
- Discover effective ways to measure wellness program ROI
- Offer proven wellness incentive approaches

WHO SHOULD ATTEND?

Health care providers (hospitals, health systems, clinics, health plans and others), chief medical officers, medical officers, VPs, directors and managers in charge of

- HR
- Benefits and benefit design
- Health strategy
- Risk management
- Employee engagement
- Health promotion
- Wellness and welfare
- Total rewards
- Worksite clinics
- Medical affairs
- Innovation
- Product development and management
- Disease management
- Consumer education
- Market research
- Research and development
- Consumer-directed health plans
- Case management

This program has applied for the following continuing education credits: ACHE; BRN; CDR; CECH; and HRCI. See registration form for details.

REGISTRATION INFORMATION

Three Ways to Register

By fax: (213) 482-8537, attention Karen Ochoa

By mail: Attn: 2016 Wellness Conference, Karen Ochoa
515 South Figueroa Street, Suite 1300
Los Angeles, CA 90071-3300

Online: <http://www.hasc.org/2016-hasc-health-care-provider-wellness-conference>

Early registration is advised.

CONFERENCE REGISTRATION PACKAGE

The registration fee for each attendee includes education sessions, listed meals and materials. We gratefully acknowledge our sponsors and their contributions, which make it possible for participants to attend at a reduced rate. See sponsor packet for more information about sponsorship.

CONFERENCE CANCELLATIONS

Conference cancellations received in writing prior to April 22, 2016 will be subject to a \$50 processing fee. There will be no refunds after this date. Substitutions are accepted at any time.

HOTEL INFORMATION & RESERVATIONS

Cape Rey Carlsbad, a Hilton Resort

1 Ponto Rd, Carlsbad, CA 92011

A special rate of \$199 + a resort charge of \$10 per night, (plus applicable fees and taxes) per single or double occupancy has been arranged for this conference. Your credit card will be charged for one night at the time of your reservation. HASC appreciates the overwhelming response to this event and we encourage you to reserve early. Our room block expires April 15, 2016 or sooner if sold out. All hotel cancellations must be made directly with the hotel and are subject to the hotel's cancellation policy.

TRANSPORTATION OPTIONS

- Amtrak Carlsbad Poinsettia Train Station (POI), 1.4 miles.
- San Diego International-Lindbergh Field (SAN), 30 miles.
- McClellan-Palomar Airport (CLD), 5 miles.
- John Wayne/Orange County Airport (SNA), 57 miles.

Please note the hotel does not provide shuttle services to or from the hotel.

CHECK-IN AND CHECKOUT

Check-in time is 4 p.m., and checkout is 12 p.m.

DISCLOSURES

HASC will be utilizing the hotel's Group Reservation Identification Program for the sole purpose of ensuring that all individuals registered for the conference are booked within the reserved room block. HASC will provide an electronic list containing the first and last names of attendees registered for this event to the hotel to cross reference with the hotel registration list. If you have any concerns about the disclosure of this information, please contact Karen Ochoa at kochoa@hasc.org or (213) 538-0765.

ATTIRE

Dress comfortably in resort casual wear for all meetings and activities as some sessions may require physical activity. Tennis shoes and gym wear are acceptable. Select meals may be outdoors, weather permitting.

PARKING

Self and Valet parking are available for \$10 per day, per vehicle.

AMERICANS WITH DISABILITIES ACT

If you require any of the auxiliary aids or services identified in the Americans with Disabilities Act, please call Karen Ochoa at (213) 538-0765.



AGENDA

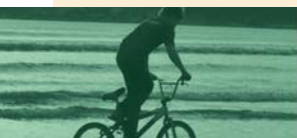
2016 Health Care Provider Wellness Conference • June 9 – 10, 2016

THURSDAY, JUNE 9

- 7:00 – 8:00 a.m. Registration / Continental Breakfast / Visit with Exhibitors
- 7:30 – 7:50 a.m. Wellness Activity
- 8:00 – 8:05 a.m. Welcome / Introduction
Olivia L. Moses, DrPH, CHES, CPH, ACSM-HFS, 2016 Chair, Wellness Program Administrator, Risk Management, Assistant Clinical Professor, LLU School of Public Health
- 8:05 – 9:15 a.m. **Employee Wellbeing: Impacting Cost, Engagement, Vitality and Business Performance**
John Harris, Partner, Performance pH
- 9:15 – 9:45 a.m. Break / Visit with Exhibitors
- 9:45 – 11:00 a.m. **Lessons from the Blue Zones**
Ernie Medina, DrPH, CHFS, Assistant Professor and Executive Director, Center for Nutrition, Healthy Lifestyles, & Disease Prevention, School of Public Health, Loma Linda University
- 11:00 – 12:15 p.m. **Sleep Well, Lead Well: How Better Sleep Can Improve Leadership, Boost Productivity and Spark Innovation**
Marian N. Ruderman, Ph.D., Senior Fellow and Director, Research Horizons, Center for Creative Leadership
- 12:15 – 1:30 p.m. Lunch / Visit with Exhibitors
• Special Presentation: *HASC Health Benefits & Wellness Program*
Paul Celuch, Chief Human Resources Officer, Avanti Hospitals
- 12:30 – 1:00 p.m. Exhibitor Drawings
- 1:00 – 2:00 p.m. **Legal Update**
Michael C. Sullivan, Partner, Paul, Plevin, Sullivan, & Connaughton, LLP
- 2:00 – 2:30 p.m. Break / Visit with Exhibitors
- 2:30 – 3:30 p.m. **How to Establish Mindfulness within a Hospital Environment and Culture**
Helge Osterhold, MFT, PhD, Coordinator, Staff Support Program, UCSF Benioff Children's Hospital
- 4:00 – 5:00 p.m. Concurrent Breakout Session Presentation/Panel – TBA
- 6:30 – 8:30 p.m. Dinner

FRIDAY, JUNE 10

- 6:30 a.m. Fun Walk / Run
- 7:00 – 8:30 a.m. Breakfast
- 8:30 – 9:45 a.m. **Best Practices & Innovations**
• **Blue Life Through 1 Bios**, Wendy Buchanan, MS, Wellness Program Manager, Tahoe Forest Health System
• **Wellness University**, Kelly Mather, President and Chief Executive Officer, Sonoma Valley Hospital
- 9:45 – 10:00 a.m. Break
- 10:00 – 11:15 a.m. **Creating Cultural Support for Wellness**
Judd Allen, Ph.D., President of the Human Resources Institute, LLC
- 11:15 – 12:15 p.m. **Workplace Wellness Program Study**
Soeren Mattke, Senior Scientist; Managing Director, RAND Health Advisory Services; Professor, Pardee RAND Graduate School
- 12:15 – 12:20 p.m. **Closing Remarks**
Olivia L. Moses, 2016 Chair, Wellness Program Administrator, Risk Management, Assistant Clinical Professor, LLU School of Public Health



KEYNOTE SPEAKER

**John Harris, Partner, Performance pH**

John Harris is a partner with Performance pH, a company that leverages a variety of strategies to allow people to do their best work and employers to optimize business performance. Previously, he served as Chief Well-Being Officer and Vice President of Innovations with Healthways, Inc. Harris was formerly an executive vice president with Axia Health Management, which was acquired by Healthways in 2006. He recently completed a term as chair with HERO, the Health Enhancement Research Organization. Harris currently chairs the Mercy Foundation.

SPEAKERS

**Judd Allen, Ph.D., President of the Human Resources Institute, LLC**

Dr. Judd Allen is President of the Human Resources Institute, LLC, a research, publishing and consulting firm that focuses on the creation of supportive cultural environments. He earned his Ph.D. in community psychology from New York University and serves on the editorial board of the American Journal of Health Promotion. Dr. Allen supports over 200 health and wellness professionals in their Wellness Culture Coaching work. He is a Consultant Associate at Edington Associates.

**Wendy Buchanan, Manager of Wellness Programs and Cardiac Rehabilitation at Tahoe Forest Health System**

Wendy Buchanan holds a Master's degree in Exercise Physiology and a Certified Clinical Exercise Physiologist through the American College of Sports Medicine. Wendy has over 20 years experience designing, implementing and managing evidence based wellness programs for her own health system as well as local employer groups. Wendy is a Certified Wellness Program Coordinator through the Chapman Institute and is a member of the Hospital Association of Southern California Wellness Committee.

**Paul Celuch, Chief Human Resources Officer, Avanti Hospitals**

Paul Celuch has accumulated more than 20 years of health care leadership experience in the areas of human resources, recruitment, benefit planning, employee relations, and organizational improvement. Prior to joining Avanti, Paul served as the Chief Human Resources Officer at USC Verdugo Hills Hospital - Keck Medicine of USC where, he was responsible for all human resources programs including benefit cost containment, organizational development, and mergers and acquisition activities.

**Kelly Mather, CEO of Sonoma Valley Hospital**

Kelly Mather, currently CEO at Sonoma Valley Hospital, has been working on the Healing Hospital Model since the late 1990s. The model uses four levels of healing to improve the health of the community. Mather has developed a health dashboard to demonstrate the results of healing and wellness initiatives. In 2009, this best practice was piloted at Mendocino Coast District Hospital. Mather has published seven health improvement books.

**Ernie Medina, DrPH, CHFS, Assistant Professor and Executive Director, Center for Nutrition, Healthy Lifestyles, & Disease Prevention, School of Public Health, Loma Linda University**

After earning a B.S. in health science from Andrews

University in Michigan, Ernie Medina, Jr., earned a master's and doctorate in public health from Loma Linda University's School of Public Health in 1993. From 1993 to 2014, he specialized in lifestyle medicine (weight loss, stress management, smoking cessation) at Beaver Medical Group in Redlands while maintaining a clinical professor position at the school. In 2014, Dr. Medina joined Loma Linda's faculty as an assistant professor and executive director of the Center for Nutrition, Healthy Lifestyle, and Disease Prevention. As of early 2016, he had transitioned to the Director of Alumni Engagement, along with his assistant professor duties.

**Soeren Mattke, M.D., D.Sc., Managing Director, RAND Health Advisory Services; Professor, Pardee RAND Graduate School**

Soeren Mattke is a professor at the Pardee RAND Graduate School and the Managing Director of RAND Health Advisory Services, the consulting practice of RAND Health. Dr. Mattke is an expert in innovative programs to prevent and manage chronic diseases with a focus on workplace wellness programs. He was the lead author of the 2012 Wellness Programs Study, a Report to Congress on program uptake and impact and of the evaluation of PepsiCo's health and wellness program, which was the second-most read article in Health Affairs in 2014.

**Helge Osterhold, MFT, Ph.D., UCSF Benioff Children's Hospital**

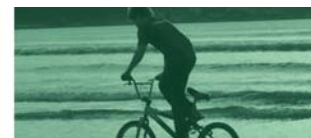
Helge Osterhold is an educator, psychotherapist and founder and coordinator of the staff support program at UCSF Benioff Children's Hospital. Osterhold also teaches on topics that touch on the intersection of psychology, spirituality and medicine at UCSF and California Institute of Integral Studies. He has a private psychotherapy practice with a focus on life transitions and recently published "The Body's Code: Synchronicity and Meaning in Illness and Injury."

**Marian N. Ruderman, Ph.D.**

Marian N. Ruderman, Ph.D. has 28 years in the field of leadership development. She is currently a senior fellow and Director with Research Horizons. Ruderman has written several books, assessments and other works, including "Standing at the Crossroads: Next Steps for High-Achieving Women." She holds a B.A. from Cornell University and a Ph.D. in organizational psychology from the University of Michigan. She is also a fellow of the Society for Industrial and Organizational Psychology and the American Psychological Association.

**Michael C. Sullivan, Partner, Paul, Plevin, Sullivan, & Connaughton, LLP**

Michael Sullivan has over 25 years of experience representing employers. He regularly advises his clients on wage and hour issues, leaves of absence, discipline and discharges, layoffs, conducting internal investigations, dealing with union activity, workplace safety issues and regulatory compliance. His clients include Scripps Health, Qualcomm Incorporated, AT&T, University of San Diego, HTC, Brand Energy, Thomas Jefferson School of Law, Barney & Barney, Frontier Airlines, San Diego Blood Bank, California Western School of Law and SAIC. Mr. Sullivan also has extensive experience litigating employment cases. He has handled over 500 employment cases, including claims for wrongful termination, wage and hour violations, trade secrets violations, discrimination, whistleblowing, sexual harassment and defamation.





WELLNESS CERTIFICATION PROGRAM • JUNE 7-8 • CAPE REY CARLSBAD

Do you have the skills you need to lead a results-driven wellness program?

Wellness is a complex field at the intersection of behavioral change, organizational strategy, technology and medicine. More than ever, wellness professionals need cutting-edge expertise to create programs that deliver results.

Drawing from best-practice solutions and proven industry research, WellCert provides worksite wellness professionals, benefit managers, brokers, human resource staff and others with the skills they need to plan, implement, manage and measure employee wellness programs that improve health and reduce employee costs. Designed by WellCert founder Larry S. Chapman, MPH, WellCert synthesizes 40-plus years of experience with more than 1,000 organizations.

WellCert is the preferred Wellness Certification for top national insurance carriers, HR consulting firms, benefits brokers and wellness councils. All graduates of the WellCert Program are identified on the WellCert Professional Registry.

The Certified Wellness Program Coordinator (CWPC) - WellCert Level 1 course covers key skills that professionals need to build a foundation for results driven wellness programming. Level 1 covers the scope of wellness programming typically present in smaller organizations with limited resources, while laying the groundwork for higher certification levels. The approach is highly practical, focusing instructional time preparing you to deliver results.

LEVEL 1 PROVIDES YOU WITH PREPARATION TO HONE THESE KEY SKILLS:

DAY 1

- Skill #1 How to build strong senior management support for wellness efforts*
- Skill #2 How to assess your employees' wellness needs*
- Skill #3 How to decide on the scope of your worksite wellness program*
- Skill #4 How to build a sound program infrastructure for your wellness program*
- Skill #5 How to build an effective administrative structure for your wellness program*
- Skill #6 How to design an effective wellness communications and promotion effort*

DAY 2

- Skill #7 How to design an effective health management process for your wellness program*
- Skill #8 How to design an effective group activities component for your wellness program*
- Skill #9 How to create a supportive environment for wellness in your organization*
- Skill #10 How to utilize a Health Risk Assessment (HRA) in your wellness program*
- Skill #11 How to plan basic onsite components for your employee wellness program*
- Skill #12 How to perform a simple evaluation of your employee wellness program*





WELLNESS CERTIFICATION PROGRAM • JUNE 7-8 • CAPE REY CARLSBAD

WELLCERT PROGRAM DETAILS

LEVEL 1 CWPC	<p>Certified Wellness Program Coordinator Level 1 <i>Cape Rey Carlsbad, a Hilton Resort</i> <i>Carlsbad, CA</i> <i>June 7 – 8; 8 a.m. – 5 p.m.</i></p>
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HOTEL/TRAVEL

Cape Rey Carlsbad, a Hilton Resort
 1 Ponto Road, Carlsbad, CA 92011
 Reservations: (760) 602-0800

A special rate of \$199 + a resort charge of \$10 per night, (plus applicable fees and taxes) per single or double occupancy has been arranged for this conference. Your credit card will be charged for one night at the time of your reservation. HASC appreciates the overwhelming response to this event and we encourage you to reserve early. Our room block expires April 15, 2016 or sooner if sold out. All hotel cancellations must be made directly with the hotel and are subject to the hotel's cancellation policy.

Parking: Self and valet parking are available for \$10 a day.

CERTIFICATION TUITION

- EARLY BIRD: \$1,200 (By April 22, 2016)
- REGULAR RATE: \$1,300 (After April 22, 2016)

TUITION FEES INCLUDE:

- Continental breakfast and lunch daily.
- Graduates of the course receive an e-Certificate and a place on the WellCert Professional Registry.
- *WellCert Connections*, an exclusive bi-monthly briefing with articles, information and monographs.

CHALLENGE EXAMINATION

The 4-page open-book Challenge Exam can be completed at the time of the training or submitted later. Participants must identify the single most important thing they learned about each of the 12 skills and the seven required readings and why each point was important to them. The exam also

asks for a self-assessment of personal strengths and weaknesses around performing the role of a wellness program coordinator as well as who to recruit in order to help design and implement an employee wellness program. A completed Challenge Exam is a mandatory requirement for anyone desiring to be certified as a Certified Wellness Program Coordinator (CWPC).

Requirement for WellCert Recertification

In order for each individual who completes any level of certification to maintain an active certification status on the WellCert Registry, they need to complete a minimum of two WellCert online modules of their choosing every 12-month period after completing their training. If they have not completed the minimum requirement, their status in the WellCert Registry will be designated inactive rather than active. Each online module to be completed has a 10-question True-False test and 80 percent of the questions must be answered correctly in order to receive credit toward recertification.

CONTINUING EDUCATION CREDITS

ACHE Category: HASC is authorized to award 12 hours of pre-approved ACHE Qualified Education credit (non-ACHE) for this program toward advancement or recertification in the American College of Healthcare Executives. Participants in this program wishing to have the continuing education hours applied toward ACHE Qualified Education credit should indicate their attendance when submitting their application to the American College of Healthcare for advancement or recertification.

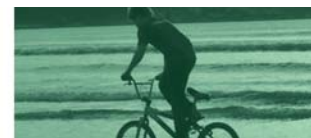
BRN Credit: Provider approved by the California Board of Registered Nursing. CEP #970 for 12 contact hours.

HRCI Credit: HR Certification Institute contact hours: TBD

FOR MORE INFORMATION CONTACT:

Karen Ochoa, kochoa@hasc.org, (213) 538-0765

To learn more about the Chapman Institute, go to:
www.chapmaninstitute.com/courses/certification/



REGISTRATION

MAIL OR FAX THIS COMPLETED REGISTRATION FORM TO:

Karen Ochoa, HASC, 515 South Figueroa Street, Suite 1300, Los Angeles, CA 90071-3300 or Fax (213) 482-8537

You may also register at <http://www.hasc.org/2016-hasc-health-care-provider-wellnessconference>. Questions? Call (213) 538-0765**1. CHA/HASC Health Care Provider Member Early-Bird Rate \$330 before April 22, 2016; \$370 after April 22.**

(PLEASE PRINT)

First Name: _____ Last Name: _____ Title: _____

Organization Name: _____

Organization Address: _____ City: _____ State: _____ Zip Code: _____

Phone: _____ Email: (required) _____

Nickname (as you wish it to appear on your badge): _____

Assistant's Name: _____ Assistant's email: _____

2. SPOUSE/ADULT FAMILY MEMBER GUEST (one per person): \$195 includes all hosted meal functions and general sessions.

First Name: _____ Last Name: _____ Title: _____

Organization Name: _____

Organization Address: _____ City: _____ State: _____ Zip Code: _____

Phone: _____ Email: (required) _____

Nickname (as you wish it to appear on your badge): _____

3. SPECIAL NEEDS: _____**4. REGISTRATION FEES: Registration confirmed upon receipt of payment.****CATEGORY FEES Amount****1. CONFERENCE ONLY REGISTRATION RATES (JUNE 9-10)***Registration fee for each attendee includes education sessions, listed meals and materials.*

- Early Bird Rate \$330 This rate applies to: _____ \$ _____
CHA/HASC members & Non-acute stakeholders and out of state acute health care providers (Must register by April 22, 2016)
- CHA/HASC Health Care Provider Member \$370 per registrant (After April 22, 2016) \$ _____
- Nonmember/Walk-in Rate: \$395 per registration (After April 22, 2016) \$ _____
(This rate applies to non-acute stakeholder and out of state acute health care providers)
- Spouse/Family Member/Guest (limit 1) \$195 per adult family member \$ _____
(Includes all hosted meal functions and wellness activities)

2. WELLNESS CERTIFICATION ONLY (JUNE 7-8)*Registration fee for each attendee includes education sessions, listed meals, program materials and certificate of completion.*

- Member and Nonmember Certification Only Early-Bird Rate \$1,200 \$ _____
CHA/HASC members & Non-acute stakeholders and out of state acute health care providers
- Member and Nonmember Certification Only Rate \$1,300 per registrant \$ _____
CHA/HASC members & Non-acute stakeholders and out of state acute health care providers

3. BUNDLE PACKAGES (JUNE 7-10)*Purchase a bundle package and get 10 percent off on certification registration fees.**Registration includes Wellness Certification Program, June 7-8, entrance to the wellness conference, June 9-10 and all meals listed in the agenda for both programs. Certification and conference materials as well as a certificate of completion and listed continuing education credits for the wellness conference are included as well.*

- Early Bird Rate \$1,410 This rate applies to: _____ \$ _____
CHA/HASC members & Non-acute stakeholders and out of state acute health care providers (Must register by April 22, 2016)
- CHA/HASC Health Care Provider Member \$1,540 per registrant (After April 22, 2016) \$ _____
- Nonmember: \$1,565 per registration (This rate applies to non-acute stakeholder and out of state acute health care providers) \$ _____

REGISTRATION FORM CONTINUED

WELLCERT CERTIFICATION PROGRAM

ACHE Category: HASC is authorized to award 12 hours of pre-approved ACHE Qualified Education credit (non-ACHE) for this program toward advancement or recertification in the American College of Healthcare Executives. Participants in this program wishing to have the continuing education hours applied toward ACHE Qualified Education credit should indicate their attendance when submitting their application to the American College of Healthcare for advancement or recertification.

BRN Credit: Provider approved by the California Board of Registered Nursing. CEP #970 for 12 contact hours. RN Lic.

No. _____

WELLNESS CONFERENCE

ACHE Credit: HASC is authorized to award TBD hours of pre-approved ACHE Qualified Education credit (non-ACHE) for this program toward advancement or recertification in the American College of Healthcare Executives. Participants in this program wishing to have the continuing education hours applied toward ACHE Qualified Education credit should indicate their attendance when submitting their application to the American College of Healthcare for advancement or recertification.

BRN Credit: Provider approved by the California Board of Registered Nursing. CEP #970 for TBD contact hours. RN Lic.

No. _____

HRCI Credit: HR Certification Institute contact hours: TBD

CDR: Commission on Dietetic Registration contact hours: TBD

CECH: National Commission for Health Education Credentialing contact hours: TBD.

PAYMENT INFORMATION:

Enclosed is check # _____ Amount \$ _____

To pay by credit card, please visit <http://www.hasc.org/2016-hasc-health-care-provider-wellness-conference>

IMPORTANT REMINDERS

- Meeting cancellations received in writing by April 22, 2016 will be subject to a \$50 processing fee. We welcome substitutions. Refunds will not be granted after April 22, 2016. Refunds will not be provided for no-shows after the conference.
- HASC requires that all participants refrain from planning hospitality events or activities at any time during the Wellness Conference without HASC's permission.
- Planning independent events at any time during the Wellness Conference without the permission of HASC will result in cancellation of the event and forfeiture of any deposits for food and beverage orders. Failure to observe this policy will result in restriction from participating in future events. Competing times are defined as: Tuesday, June 7, 8 a.m. to 5 p.m., Wednesday, June 8, 8 a.m. to 5 p.m., Thursday, June 9, 8 a.m. to 9 p.m.; Friday, June 10, 7 a.m. to noon.
- Americans With Disabilities Act (ADA): Please call (213) 538-0765 for any special needs or assistance.
- You may be photographed or videotaped at the event. HASC reserves the right to use these items in promotional, marketing, educational and other materials.

I have read the important reminders and agree to the Terms and Conditions. Signature: _____ Date: _____

Thank you for your registration. HASC will email you a confirmation prior to the conference.

If you do not receive a confirmation, please call Karen Ochoa at (213) 538-0765

QUESTIONS

- Phone: (213) 538-0765 • Email: kochoa@hasc.org • Fax: (213) 482-8537