

## About the Wellness Council

The Wellness Council is the Wisconsin affiliate of Wellness Council of America, a non-profit organization dedicated to building healthier workplaces throughout the U.S. and Canada. Our Wisconsin membership has grown from nine founding employers in 1985 to over 400 employers in 2009 representing more than 400,000 employees. Programs and services help employers design results-oriented wellness programs to maximize the health and productivity of their most valuable asset – their employees.

For more information, call (414) 291-9355 or visit our website, [www.wellnesscouncilwi.org](http://www.wellnesscouncilwi.org).

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Wellness Council  
Improving Health to Empower Business

1442 N Farwell Ave Suite 300  
Milwaukee, WI 53202



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Improving Health to Empower Business

## 19th Annual Worksite Wellness Conference: Best Practices-Good Health is Good Business

Tuesday, September 15, 2009,  
Kalahari Resort, Wisconsin Dells, WI

### New this year!

Conference registration is  
available exclusively online  
through our website at

[www.wellnesscouncilwi.org](http://www.wellnesscouncilwi.org).

Take advantage of Early Bird  
pricing by **August 7, 2009!** Register  
early, this event has sold out for the  
last six consecutive years!

# 19th Annual Worksite Wellness Conference: Best Practices—Good Health is Good Business

## Monday, September 14, 2009 – Pre-conference Program

### Well Workplace University Level II Certification – Facilitated by Dr. David Hunnicutt

12:30 – 5:00 pm

*\$99 Fee (Attendance limited to 70. Register for this certification online at [www.wellnesscouncilwi.org](http://www.wellnesscouncilwi.org).)*

Refreshments will be served.

**Level I training required prior to Level II.**

## Tuesday, September 15, 2009 – Conference

7:30 a.m. Registration  
Continental Breakfast/Exhibits

### 8:30 a.m. Welcome/Introductions

8:45 a.m. Opening General Session: David Hunnicutt PhD,  
President, Wellness Council of America (WELCOA)

9:00 a.m. Opening Keynote: "Inspiring a High Performance  
Environment; The Difference Between I Should and I  
Will!" – Christi Andringa, BBA, ACE, AFAA, Master Trainer,  
Candringa Productions

### 9:45 a.m. Break/Exhibits

10:15 a.m. Concurrent Sessions

#### **Content Level: (F) Fundamental; (I) Intermediate; (A) Advanced**

1. Case Study Insights: Well Workplace Award Winners (F/I/A) - Frett/Barrington Limited; American Family Insurance; Saint Joseph's Hospital
2. Case Studies: Companies Are Saving Money & Not Losing Sleep! (I) – Jill Spellman, RRT, Sleep Apnea Solutions, Inc.; Anthony Reider, MD, QuadMed
3. Incentive Strategies: Impact on Successful Worksite Wellness Programs (I/A) – Eric Samaniego, MBA, MS, Alere
4. Keep it Between the Lines: Designing a Progressive & Compliant Program (A) – Erin Freiberg, JD; Abigail Nadler, BS, CHES; M3 Insurance Solutions for Business

11:15 a.m. Break/Exhibits

11:30 a.m. Concurrent Sessions

5. Wellness: Beyond Savings in Health Care Costs (F/I) – Cheryl Mealey, BS, CHES, Willis HRH of North America
6. How to Get What You Need from Contractors for Your Wellness Programs (I) – Anne Abbott, PhD; Kelly Schoonaert, PhD; Salli Scovill, PhD; University of Wisconsin-Stevens Point
7. Overcoming Traditional Barriers to Health Engagement: Lessons Learned by Health Care Leader Mayo Clinic (I) – Kurt Hobbs, MA, Mayo Clinic Health Solutions
8. Total Health Management: Application and Strategy (A) –Tami Collin, BS, Mercer

12:30 p.m. Luncheon/Elections

1:00 p.m. Luncheon Keynote: "From Hypocrisy to Health:  
A Journey of Transformation and the Lessons Learned"  
– Nicholas "dr. Nick" Yphantides, MD, MPH, Consulting  
Chief Medical Officer, San Diego County Health and  
Human Services Agency

2:00 p.m. Break/Exhibits

2:30 p.m. Concurrent Sessions

9. Case Study Insights: Working Together with Unions (I/A) - City of Wauwatosa; Onalaska School District; Foremost Farms; AFSCME D.C. 48
10. Weight Loss Challenges: Designing Programs that Achieve Sustained Health Results (F) – Connie Roethel, RN, MSH; Carol Weinhoff, RN, MS, Core Health Group
11. Get the Most from Your Worksite Wellness: Leveraging Partnerships (I) – Lucy Gilles-Khouri, HIA, CHES, MBA, Unity Health Insurance and UW Medical Foundation
12. Onsite Clinics: The Next Phase in Healthcare Cost Control (A) – Derek Boyce, DC; Kim Boyce, BS; Trish Krieg, PHR, Interra Health, Inc.

3:30 p.m. **Adjourn/Door Prizes** Must be present to win!

## Conference Pricing for Tuesday, September 15:

Early Bird Rate (through 8/7/09)		(after 8/8/09)
Corporate Member	\$169	\$189
Associate Member	\$189	\$209
Non-member	\$259	\$279

**Registration deadline: August 25th, 2009.**

To receive a full refund less a \$20 processing fee, notice of cancellation must be received by August 25, 2009.

Exhibit space will be offered on a first-come, first-served basis. Exhibitors Registration is available online.

*Register early, this event has sold out for the past six consecutive years.*

## Hotel Reservations

**Room Reservations: (1-877-253-5466)**

Make room reservations directly with the Kalahari Resort. Call by **August 15, 2009**, and specify you are with the Wellness Council of Wisconsin room block to receive special room rate of **\$99** along with a complimentary wrist band for the water park for each person registered in your room.

## Directions to the Hotel

### Kalahari Resort

1305 Kalahari Drive, Wisconsin Dells, WI 53965

To view specific directions with map, please visit

<http://www.kalahariresorts.com/wi/information/directions/>

## Shuttle Service

Service from Madison Dane County Airport and Milwaukee Mitchell Field is available. Reservation must be made in advance. Call concierge at 608-254-5466 Ext. 1004 for pricing arrangements.

## *We're Going Green!*

The Wellness Council is going green for our 19th Annual Worksite Wellness Conference. All speakers' handouts will be provided as PDF links. Please download the presentation copies you will need. Our goal is to provide simple and straightforward access to materials for all conference attendees while reducing paper consumption and waste.

## Health Education Credit

This program qualifies for a maximum 5.0 Certified Health Education Specialists (CHES) Category 1 credits from the National Commission for Health Education Credentialing. Conference sessions may also be submitted to the American Board for Occupational Health Nurses for continuing education credit.