



**Tri-State Health Care Coalition (TSHCC)  
Wellness Seminar**

**Wednesday, April 9, 2008**

**Registration & Breakfast Buffet  
7:30 a.m.—8:00 a.m.**

**Program Presentations  
8:00 a.m.— 12:30 p.m.**

**Country Inn & Suites  
Embassy Room (4th Floor)  
110 North 54th Street  
Quincy, IL 62305**



## AGENDA

**7:30-8:00 a.m.**

**Registration/Breakfast Buffet**

**8:00-8:45 a.m.**

**Wellness Overview of Global Trends and Strategies in Employer Wellness Programs”**

*Kristy Arciszewski, Director Health and Productivity, Buck Consultants*

The presentation includes:

- Typical Wellness Program Components
- Highlights from Buck’s Global Wellness Survey
- Top Objectives for Promoting Wellness
- Fastest Growing Wellness Program Components
- Incentive Strategies

The presentation will conclude with a Case Study that illustrates the Company’s objective’s solutions and results.

**8:45-9:05 a.m.**

**“HIPAA Non-Discrimination Regulations on Wellness Programs”**

*John Ottavi, Vice President, Employer Benefits, Cottingham & Butler*

Interest in company-sponsored wellness programs has never been higher. Employers are embracing wellness plans to help control health care costs and increase worker productivity and morale. But even the most well-intentioned plans risk running afoul of federal and state laws. Before rolling out smoking cessation classes, discounted gym memberships or Health Risk Assessments (HRAs), make sure you are in compliance with applicable regulations.

Learn which programs are subject to HIPAA’s non-discrimination requirements, and what you need to know about the new guidelines; and programs that are **not** subject to HIPAA standards.

**9:05-9:20 a.m.**

**Break**

**9:20 a.m. –10:10 a.m.**

**“Employer Case Study Overview”**

*John Ottavi, Vice President, Employer Benefits, Cottingham & Butler*

For the last 13 years, John has worked with employers to develop, design and deliver integrated benefit programs. For the last three years, Health Risk Assessments have been conducted utilizing multiple employee contribution strategies. John will highlight the employer strategies used to communicate and incent employee engagement. He will identify Health Risk Assessment program results and the follow-up health initiative programs that improved employee health results.

Average participation rates per year based on incentive strategy

Analysis of high-risk individual’s improvements

What issues were employees successful in altering?

- Weight / BMI
- Cholesterol
- Blood Pressure
- Weight / BMI
- Nicotine
- Inactivity

What issues were employees not successful in changing?

What lessons were learned regarding human motivation and supporting change?

What programs were successful in creating change?

What was the ROI? How to verify?



## AGENDA

**10:10-10:25 a.m.**

**Break**

**10:25-11:25 a.m.**

**“Three Critical Questions to Determine Whether and How to Invest in Employee Wellness.”**

*Chuck Reynolds, Principal & President, Employer Health Management Practice, The Benfield Group*

Chuck will present information that will answer three critical questions that employers—and multi-stakeholder groups—need to address as they determine whether and how to invest in employee wellness: 1) Does wellness matter? 2) What factors most impact employee attitudes toward their health and productivity? And, 3) what are the most important steps an employer can take to improve the health and productivity of their workforce? Chuck will also present key findings from The Benfield Group’s research on employer/pharmaceutical manufacturer relationships that can help employers, and the Tri-State Health Care Coalition determine how best to partner (if at all) with manufacturers to implement health improvement initiatives.

**11:25 a.m.-12:30 p.m.**

**“CHANTIX A Medication That Can Help People Quit Smoking”**

*Mike Lloyd, RPh, Medical Outcomes Specialist, Pfizer, Inc.*

Cigarette smoking is associated with significant morbidity and mortality. In fact, smoking is the leading preventable cause of disease, disability and premature death in the United States, with more than 438,000 U.S. deaths annually attributable to smoking.

On average, smokers cost employers more than their nonsmoking counterparts- they are absent more frequently from work, spend more time away from their work areas, and incur more lifetime direct medical costs. In fact, the average smoker costs an employer approximately \$3,400 per year in excess medical expenditures and lost productivity.

Patients who smoke cigarettes should be counseled to quit. CHANTIX has been demonstrated to be effective in helping cigarette smokers quit smoking. Learn what an employer can do to reduce cigarette smoking in the employee population and integrate a smoking cessation program into your wellness program.



## Registration

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Quincy, IL 62305**

**REGISTRATION** Please type or print clearly.

\_\_\_\_\_  
*Name* *Title*

\_\_\_\_\_  
*Company/Organization*

\_\_\_\_\_  
*Address*

\_\_\_\_\_  
*City* *State* *Zip*

(\_\_\_\_\_) (\_\_\_\_\_) \_\_\_\_\_

*Phone* *Fax*

\_\_\_\_\_  
*E-Mail Address (all registration confirmations will be sent via e-mail only)*

Note: To register multiple attendees from the same company/organization with one check, please submit a registration form for each individual and include all forms along with the check in one envelope.

**REGISTRATION FEES:** The cost for this seminar includes a breakfast buffet.  
**Registration deadline is April 2, 2008. Seating is limited. Please register early.**

<b>TSHCC/SHRM Member</b>	_____	\$30
<b>Non-TSHCC/SHRM Member</b>	_____	\$60
Amount of check enclosed \$ _____		
<i>(Payment must accompany registration form.)</i>		
<b>Attn: TSHCC/SHRM Members, we can invoice you for the registration.</b>		

*Please mail your completed registration form along with payment to:*

**Tri-State Health Care Coalition  
301 Oak Street  
Suite 2-33  
Quincy, IL 62301**

