

THANK YOU TO OUR SPONSORS AND EXHIBITORS!



WORKPLACE WELL-BEING CONFERENCE

IOWA HEALTHIEST STATE INITIATIVE

EVENT GUIDE

APRIL 17TH | 9AM-4:30PM

SPREAD THE WORD ABOUT MENTAL HEALTH THIS MAY!

The Make It OK campaign, led by the Iowa Healthiest State Initiative, has released tools and resources for employers across the state to raise awareness of mental health and fight stigma during Mental Health Awareness Month in May. Check out the free toolkit!



*HR Professionals through the Society for Human Resource Management may apply your attendance at the **Workplace Well-being Conference** toward recertification credit with SHRM.*



SHARE YOUR EXPERIENCE ON SOCIAL MEDIA!

#WWC24

AGENDA

2024 ANNUAL AWARDS

Welcome

Jami Haberl | Iowa Healthiest State Initiative
President Rob Denson | DMACC

9 AM

A Roundtable Exploration of Well-being Culture Trend - Moderated Audience Discussion

Megan Hammes | Hammes Homestead and Consulting
Jessica Sheets | ITA Group, Inc.

9:15 AM

Break & Exhibitor Hall

10:30 AM

Charting the Course: Exploring Current Workplace Trends - Panel Discussion

Moderator: Lydia Caraveo | Grinnell Mutual Reinsurance Company
Candice Smith | Caregiven
Nataliya Boychenko Stone | Holmes Murphy
Amy Ziegler | MercyOne Business Solutions
Mark Williams | Navia Benefit Solutions, Inc.

10:45 AM

Lunch and Exhibitor Hall

11:45 AM

2024 Healthiest State Annual Awards Ceremony

12:15 PM

Cardio/Strength Break Amy Sempak-Eyre

12:45 PM

The Case for Character and the Sum of Our Choices

Abena Sankofa Imhotep | Sankofa Literary & Empowerment Group

1 PM

Break & Exhibitor Hall

2 PM

Addressing Obesity in the Workplace - Panel Discussion

Moderator: Wes Hartig | MedOne Pharmacy Benefit
Tracy Sims | Lilly USA, LLC
Megan Jenkins | Patient living with obesity
Dr. Tim Sagers | Captive Health
Dr. Lena Rydberg Freese | The Iowa Clinic

2:15 PM

Break & Exhibitor Hall

3:15 PM

Caring for Self While Caring for Others: You're Hardy & You Know It!

Barry A. Schreier, Ph.D | Scanlan Center for School Mental Health & Professor of Counseling Psychology

3:30 PM

The Healthiest State Annual Awards is our annual recognition to celebrate early care, education, health care, individuals, workplaces, and youth for implementing best practices to support the physical, social and mental well-being of Iowans.



Today, we will recognize winners in the Youth Power category presented by Holmes Murphy, Individual category presented by Malvern Bank, and Small, Medium and Large Workplace categories. Remaining category winners will be announced at the 2024 5-2-1-0 Healthy Choices Count! Summit on October 23.

The 2024 Awards Luncheon will be emceed by Michael Morain

Finalists recognized in today's luncheon ceremony include:

Small Workplace:

- Grundy County Memorial Hospital
- Kingland Systems LLC
- Navigate Wellbeing Solutions

Individual Presented by Malvern Bank:

- Alysa Goethe
- Courageous Fire
- Melanie Bauch

Medium Workplace:

- Clarinda Regional Health Center
- Bayer CropScience
- Bartels Lutheran Retirement Community

Youth Power Presented by Holmes Murphy

- Lauren Schroeder
- 4-H Healthy Living Ambassadors
- Mindfulness in Motion – No Boundaries

Large Workplace:

- Grinnell Mutual Reinsurance Company
- Athene Annuity and Life Company
- Johnson County Employee Wellness Program

Award winners, please have your photo taken in the back of the conference room after receiving your award!