

## **Excellence in Worksite Wellness: Taking Your Program to the Next Level**

A Short Course at the 2013 Oregon Governor's Occupational Safety & Health Conference  
Co-sponsored by Oregon Healthy Workforce Center, CROET, SAIF and the Portland  
Business Journal

Thursday, March 7, 2013: 9 AM – 3:45 PM

### **Program**

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|-----------------|---|
| 9:00 - 9:10 AM  | Welcome & Introductions<br>Dede Montgomery, MS, CIH, CROET/Oregon Healthy Workforce Center  |
| 9:10 - 9:15 AM  | Keynote Introduction<br>Kent Anger, Ph.D., CROET/Oregon Healthy Workforce Center  |
| 9:15 -10:15 AM  | <i>Keynote: Sharing Data and Evidence about Making Wellness Programs Effective</i><br>Ron Goetzel, Ph.D., Emory University, Atlanta, Georgia & Truven Health Analytics  |
| 10:15 -10:30 AM | Break   |
| 10:30 – 12:00   | Portland Business Journal Healthiest Employer Award Recipients Best Practices Panel<br>Moderator: Rob Smith, Portland Business Journal Editor <ul style="list-style-type: none"><li>• Lynne Logue, AEG Management OR LLC</li><li>• Renae Coombs, SAIF Corporation</li><li>• Ashley Grierson, Leatherman Tools</li></ul>                                     |
| 12:00 -12:30 PM | Break, networking and pick up lunches   |
| 12:30 - 1:45 PM | Working Lunch Session: The State of the State <ul style="list-style-type: none"><li>• Kent Anger, Ph.D., CROET/Oregon Healthy Workforce Center</li><li>• Mel Kohn, MD, MPH, Public Health Division, Oregon Health Authority</li><li>• Dawn Robbins, Oregon Public Health Institute</li><li>• Deb Fell-Carlson, RN, MSPH, COHN-S, SAIF Corporation</li></ul> |
| 1:45 – 2:15 PM  | Cool Tools Resource Sharing<br>Facilitated by Jim Nusser, SAIF  |

- Michael Severson, Tualatin Valley Fire & Rescue – FitBit
- Aaron Smith, The Summit Group of Oregon, LLC – Hubbub Health
- Leigh Freeman, SAIF – Lose it! And Distance Meter
- Dawn Robbins, Wellness@Work – Assessment Tool from Wellness@Work website
- Dr. Linn Goldberg, OHSU – Healthy Team, Healthy U video
- Deb Fell-Carlson, SAIF – 23 ½ hours video and HealthBeat
- Jim Nusser, SAIF – Healthy Habits App

2:15 - 2:30 PM

Break

2:30 – 3:30 PM

Best Practices Forum  
Facilitated by Chuck Easterly, SAIF

3:30 – 3:45 PM

Next Steps and Summary  
Dede Montgomery, CROET/Oregon Healthy Workforce Center