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

9:00 - 9:10 AM Welcome & Introductions
Dede Montgomery, MS, CIH, CROET/Oregon Healthy Workforce Center

9:10 - 9:15 AM Keynote Introduction
Kent Anger, Ph.D., CROET/Oregon Healthy Workforce Center

9:15 - 10:15 AM Keynote: Sharing Data and Evidence about Making Wellness Programs Effective
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
Moderator: Rob Smith, Portland Business Journal Editor

• Lynne Logue, AEG Management OR LLC
• Renae Coombs, SAIF Corporation
• Ashley Grierson, Leatherman Tools

12:00 - 12:30 PM Break, networking and pick up lunches

12:30 - 1:45 PM Working Lunch Session: The State of the State

• Kent Anger, Ph.D., CROET/Oregon Healthy Workforce Center
• Mel Kohn, MD, MPH, Public Health Division, Oregon Health Authority
• Dawn Robbins, Oregon Public Health Institute
• Deb Fell-Carlson, RN, MSPH, COHN-S, SAIF Corporation

1:45 – 2:15 PM Cool Tools Resource Sharing
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