



**Managing Employee Health
for Better Business
Performance**

IHPM / WPWA 12th EU Forum

Nestlé Global HQ

Vevey, Switzerland

October 30/31, 2018

Supporting Sponsors:

InfoTech | Technogym | ProLon

Join us on Lake Geneva October 30/31 for a program you won't find anywhere else in Europe – derived from the mission of the **WorkPlace Wellness Alliance**, created by the *World Economic Forum* and now powered by IHPM – to **“Advance Health and Performance Globally”**

30 October | Day One Featured presentations will include:

- 9:00** **Welcome – Nestlé & IHPM**
- 9:15** **Nestlé’s Global Employee Health Strategy**
Dr. Mahua Ganguly, MD, MBA, MSc, Group Employee Health Manager and Luiza Moraes, MBA HR, Health & Wellness, Nestlé
- 10:00** **Putting Wellbeing Metrics to Work – Zorianna Hyworon, President, InfoTech**
Considering health and wellbeing in a business context, Zorianna will explore what it takes to transform measures of key human capital factors into business-relevant metrics, providing insights into business issues and priorities – using global benchmark data to show the practical application of these metrics at the C-Suite, organizational and shop-floor levels.
- 11:00** **Global Workplace Wellness: Healthy Employees, Healthy Business – IHPM**
surveys show growing commitment by global companies to their worksite-based employee wellness programs, and positive employee views of such programs as improving their quality of life and level of wellbeing – but many were concerned that their health could impair their ability to work, suggesting they may understand better than their employers the connection between health and productivity.
- 11:30** **Role of a Company-Wellness Ecosystem: the Technogym Experience**
Silvano Zanuso, PhD, Scientific Communications & Research Director at Technogym will describe how changing a company’s culture of health and wellness is a journey that requires a clear vision, and the support of all levels from senior leadership to middle management to the employee base – the concept of a wellness ecosystem provides a useful operational framework to help the change process.
- 12:15** **Lunch**

Tackling the Top Two Health Reasons for Disability and Lost Work Productivity – Mental Health and Musculoskeletal Health – IHPM research with large multinational employers has identified **Mental** and **Musculoskeletal** issues as the two biggest health-related contributors to the huge economic cost burden of lost productivity due to absence from work – including disability – and presenteeism, or impaired performance while at work. Two sessions in this Forum are aimed squarely at those two leading health and productivity issues around the globe:

- 13:15** **i-CBT: Innovation and Support for the Changing Landscape of Mental Health**
Barbara Veder, MSW, Vice President, Global Clinical Services, **Morneau Shepell** – while the global burden of mental health issues continues to increase dramatically, public and private health care systems cannot – economically or operationally – meet the increased demand for support services. At the same time, CBT has been emerging as an effective behavioral health approach to these issues, with measurable, validated results. This calls for leveraging experience in providing CBT services through the i-CBT channel, to reach and offer support where it is most needed.
- 14:00** **Mental Health Needs in the Rising Economies of Central and Eastern Europe**
Anita Tompa, Managing Director, **Chestnut Global Partners, CE** — EAP models are expanding in Central and Eastern Europe to meet the increasing mental and behavioral health needs of the work force in these rising economies. The leading provider of EAP services in the region will explain why companies are using EAP, describe the benefits they are getting from this — using case studies from different countries — and envision the future for EAP in Central and Eastern Europe.
- 14:45** **Novartis' Award-winning Be Healthy Wellbeing Program**
Jessica Anner, Sr. Manager, Health Management, Global Head, **Be Healthy** – Health Promotion, Integrated Health Management, **Novartis**
- 15:30** **Break**
- 16:00** **Extending Employees' Healthy Lifespan with FMD (Fasting Mimicking Diet)**
Linda Roberts, MBA, Director of Corporate Wellness, **ProLon/L-Nutra**: Healthy lifespan – years free of chronic illness – can be extended by harnessing the power of nutrition. Published science-based research discoveries by Dr. Valter Longo, Director of the Longevity Institute at the University of Southern California, have resulted in a Fasting Mimicking Diet that imitates fasting while feeding the body – delaying the onset of age-related chronic diseases.
- 16:45** **Best Practice Examples – Nestlé** (*speaker tba*)
- 17:30** **Dinner**

31 October | Day Two Featured presentations will include:

- 9:00** **Science of Nutrition – Nestlé** (*speaker tba*)
- 10:00** **Managing Chronic Musculoskeletal Pain – Jeff Dufour**, Country Manager for Switzerland, *Pfizer* – Presenting key findings from a newly-published IHPM White Paper based on wide-ranging research supported by Pfizer: ***Global Burden of Chronic Musculoskeletal Pain in the Workplace***. Chronic pain is the leading reason reported worldwide for not being able to work effectively – with low back pain by itself the single leading reason for years lost to disability in every region of the world, including Europe.
- 10:45** **Break**
- 11:00** **Self-Care: Investing in Better Work Force Health and Productivity**
Judy Stenmark, MPh, Director General, **WSMI (World Self-Medication Industry)** addressing the global impact of self-treatable, minor health conditions on workforce productivity, and assessing how enabling responsible self-care can benefit employees, their employers, and the larger societies and national economies in which they reside and operate.
- 11:45** **Functionality: the Heart of Health: Panel Discussion on updating the outmoded WHO Definition of Health** – moderated by **IHPM**: International researchers meeting 7 years ago in the Netherlands directly challenged the *World Health Organization* definition of health as “a state of complete physical, mental and social well-being” – suggesting that the relentless march of chronic disease worldwide calls for seeing health more as the “ability to adapt to and self-manage the social, physical and emotional challenges of illness.” The key elements missing from the *WHO* definition are (1) functionality and (2) resilience – which lie at the heart of a 21st century view of health, quality of life, and human performance.

IHPM member-partners & associates are complimentary but must register to attend

To register or obtain additional information including recommended local accommodations e-mail

Deborah Love – deborah@ihpm.org.

Vevey is an hour from Geneva International Airport by Swiss rail via Lausanne.