

**2007 Wellness Forum Agenda**  
**November 14, 2007**

- 8:15 – 8:25**            **Welcome & Opening remarks by Sparb Collins, NDPERS Executive Director and Tami Wahl, Health & Human Services Policy Advisor, Office of the Governor**
- 8:25 – 8:40**            **Administrative Issues by Rebecca Fricke, NDPERS Benefit Programs Administrator**
- 8:40 – 8:55**            **Wellness Benefit Program Funding & Application Process by Kathy Allen, NDPERS Benefit Programs Manager**
- 8:55 – 9:05**            **Tobacco Cessation Program by Rebecca Fricke, NDPERS Benefit Programs Administrator**
- 9:05 – 9:25**            **Assessment of Program by Dr. Gary Liguori, NDSU Health, Nutrition and Exercise Science**
- 9:25 – 9:45**            **Components of a Comprehensive Wellness Program by Dr. Nancy Vogeltanz-Holm, UND School of Medicine & Health Sciences**
- 9:45 – 10:00**           **Break**
- 10:00 – 10:20**         **Healthy ND Resources by Tanya Wisnewski**
- 10:20 – 10:40**         **Go Red/American Heart Association Programs by Joan Enderle**
- 10:40 – 11:00**         **Interactive segment by Michael Carlson, BCBS Director of Corporate Wellness**

<b>11:00 – 11:20</b>	<b>BCBS Member Education Programs by Danielle Morehart and MyHealth Connection Programs by Kevin Schoenborn, BCBS</b>
<b>11:20 – 11:40</b>	<b>NDSU Extension Service Resources by Julie Garden-Robinson</b>
<b>11:40 – 12:00</b>	<b>Open Microphone for Comments &amp; Questions</b>
<b>12:00 – 1:15</b>	<b>Lunch – on your own</b>
<b>1:15 – 2:00</b>	<b>Break-out Session – 1 Point Programs</b>
<b>2:00 – 2:45</b>	<b>Break-out Sessions – 2 Point Programs</b>
<b>2:45 – 3:00</b>	<b>Break</b>
<b>3:00 – 3:45</b>	<b>Break-out Sessions – 4 Point Comprehensive Programs</b>
<b>3:45 – 4:00</b>	<b>Closing Comments</b>

**\* Break-out sessions will be conducted to provide an opportunity for participants to hear an overview of various types of programs based upon the program point system (1 point programs, 2 point programs and 4 point comprehensive programs). The sessions will also allow participants an opportunity to visit with other employers about programs that have been conducted.**