

Wellness Success in the Workplace

Going Above & Beyond the Call of Duty

Jan. 21, 2016 | Monona Terrace Community & Convention Center, 1 John Nolen Drive, Madison, WI 53703

AGENDA

- 8 — 8:30 a.m. **Registration and Breakfast**
- 8:30 — 8:35 a.m. **Welcome and Opening Comments, Cheryl DeMars, The Alliance**
- 8:35 — 9:35 a.m. **Addressing the Top Three Health Issues in the U.S., David Meinz**
- 9:35 — 9:45 a.m. **Networking Break**
- 9:45 — 10:45 a.m. **Designing a Legally Compliant Wellness Program, Barbara Zabawa**
- 10:45 — 11:45 a.m. **How to Create a Results-Oriented Workplace Wellness Program**
- 11:45 — 11:50 a.m. **Closing Comments & Adjourn**

FEATURED SPEAKERS



David Meinz

Health Promotion Speaker

David L. Meinz, MS, RD, FADA, CSP specializes in consultations and workshops that enable people to improve their health. He presents information from his book *Survival of the Fittest* internationally to businesses and associations.

Meinz earned his Master's Degree (MS) in Human Nutrition in 1981. He is also a Registered Dietician (RD) and Fellow in the American Dietetic Association (FADA), an honor held by less than 1 percent of all dietitians. He also earned the Certified Speaking Professional (CSP) designation in the National Speakers Association. Only 325 people in the world have earned this prestigious title.

Meinz has been a consultant and professional speaker since 1991. He has taught at Norfolk State University and Hampton University, worked in human nutrition research through the University of Missouri, practiced hospital clinical dietetics and was director of a hospital health promotion program.



Barbara Zabawa

Attorney, Center for Health Law Equity

Attorney Barbara J. Zabawa started the Center for Health Law Equity, LLC after she recognized a need for legal services that shared a mission with providers to improve patient outcomes and population health, protect patient interests in choice

of provider and treatment options, provide holistic care and expand information access.

Zabawa has 20 years of experience in the health care field, first receiving her master's in public health from the University of Michigan before attending law school at UW-Madison, where she graduated with honors in 2001. From 2003-2005, Zabawa clerked for the Honorable Barbara B. Crabb in the U.S. District Court for the Western District of Wisconsin and worked on a variety of matters, including employment, patent infringement, civil rights and contract matters.

Zabawa has worked for a large health insurance company providing advice on the Affordable Care Act as well as HIPAA Privacy and Security compliance. In addition, she was in private practice at a large regional law firm for seven years.

Zabawa is a frequent speaker and writer both nationally and regionally on workplace wellness program compliance, the Affordable Care Act (ACA), fraud, abuse issues and HIPAA compliance. She has published several law review articles in the practice of health law.

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Lisa Thiermann
Member Service Manager,
Wellness Council of Wisconsin

Lisa Thiermann is the Member Service Manager for the Wellness Council of Wisconsin, a statewide non-profit organization that's been improving health to empower business for over 30 years. Driven by opportunities

to make an impact on Wisconsin's workforce, Lisa arms employers with cutting edge resources to help them reach their worksite wellness goals. Lisa leads the marketing and membership development of the Wellness Council of Wisconsin, and continues to ensure the growth of employers dedicated to the health and wellbeing of their employees. Lisa has over five years of experience in non-profit development, recruitment, and marketing with a Bachelor of Science in Marketing and Spanish for Business from University of Wisconsin - Eau Claire.



Emily Moenck
Health & Wellness Manager, Aprilaire

As the Health and Wellness Manager, Emily Moenck leads the Health Matters initiative at Aprilaire, a division of Research Products Corporation. Emily provides employees and their families with opportunities to engage in health and wellness that go beyond the typical programming.

Developing small group targeted initiatives, engaging with employees and spouses on an individual level and having a regular presence for employees and their families is how Emily has been able to be effective in driving a culture of health at Aprilaire.

With a strong knowledge of behavior change and implementing targeted health and wellness initiatives, Emily has been responsible for multi-location planning and coordination while at Aprilaire. She has experience in all aspects developing incentive programs, marketing, and public relations campaigns.

Emily Moenck holds a Bachelor of Science degree in Health Promotion and Wellness from University of Wisconsin Stevens Point and a Graduate Certificate in Public Health from the Medical College of Wisconsin. Emily began her career at Kohler Company in the Environmental, Health and Safety Department. After getting married she moved to the Madison area and worked at WPS Health Insurance in the Medical Affairs Department. In 2012, she started at Aprilaire as the Health and Wellness Manager.



Abigail Nadler
Health Promotions Advisor,
M3 Insurance

Abigail Nadler is the Health Promotions Advisor at M3 Insurance. In her role, Abigail partners with the M3 sales and service teams to advise clients on health promotion and wellness strategies that effectively engage employees in

healthier lifestyles. Abigail educates clients on the legal issues involved with the development of comprehensive programs and incentives and helps design programs that will encourage strong participation.

Abigail earned a Bachelor of Science degree in health promotion and wellness with a double minor of occupational health & safety and psychology from the University of Wisconsin-Stevens Point. Beginning her career at M3 in 2005, Abigail has been instrumental in helping M3 pioneer in the creation of wellness programs in Wisconsin. In 2007, Abigail was honored with the opportunity to work with the State of Wisconsin to develop their employee worksite wellness program plan.

Abigail was chosen as one of WELCOA's Top 100 Health Promotion Professionals in the United States in 2015. She holds designations as a Certified Health Education Specialist (CHES) designation and a Certified Worksite Wellness Program Manager (CWWPM) through the National Institute of Wellness. In addition, she is a certified trainer for the Wisconsin Worksite Wellness Resource Kit and is certified by the American Lung Association as a Smoking Cessation Facilitator. Abigail holds faculty status with the Wellness Council of America (WELCOA).