



American
Heart
Association.

2021 COLORADO DIGITAL WORKPLACE HEALTH SYMPOSIUM RESOURCE GUIDE

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THRIVING CULTURES: REIMAGINING WELL-BEING IN COLORADO



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DIGITAL EXPERIENCE TIPS & TRICKS

WAYS TO ENHANCE YOUR DIGITAL EXPERIENCE:

- Be sure you have the most current version of the internet browsers below:
 - Windows 7 and above, running Chrome, Firefox or Edge. Internet Explorer is not supported
 - MacOS 10.9 or later, running Chrome and Firefox. Safari not supported
- Virtual Attendee Troubleshooting Guide ([Click to access](#))
- All sessions can be accessed from the agenda. When you want to leave a session, simply click back to the agenda, and select your next session.

A MESSAGE FROM OUR CORPORATE HEALTH COMMITTEE CHAIR



Taralyn Jensen
Director of
Transformational Wellness,
Healthbreak, Inc.

As Chair of the American Heart Association's Corporate Health Committee, I'm honored to welcome you to the 7th annual Colorado Workplace Health Symposium! Our professions and places of work can truly impact our health for better or worse, and we hope this year's event inspires you to reimagine how you can infuse PERMAH (positive emotions, engagement, relationships, meaning, achievement, and health) to positively impact your organization's well-being initiatives.

My passion for well-being started in 5th grade when I engaged my family in fitness testing for a science fair project. I enjoyed dance and cheer for many years, explored various career paths in college and ultimately discovered my calling as an educator and coach during my tenure as part-time faculty at Metropolitan State University of Denver. From fitness instructor to keynote speaker, team lead to director, my passion to guide others toward optimal well-being fills my bucket every single day!

Despite the unprecedented challenges we've had to navigate over the last year, we've also experienced many silver linings: a renewed focus on self-care and self-compassion; more dedicated, quality time with family; and motivation to reevaluate how workplaces can enhance every stage of the employee experience journey.

I want to thank all attendees for joining us, our speakers and sponsors for their contributions, and the Corporate Health Committee for their unwavering support and commitment to this effort. I've truly enjoyed working alongside each and every one of you to bring this event alive. Now, more than ever, we need passionate leaders to cultivate thriving cultures of well-being!

A handwritten signature of Taralyn Jensen in blue ink, written in a cursive style.

Taralyn Jensen,
Director of Transformational Wellness, Healthbreak, Inc.
2020-2021 AHA Corporate Health Committee Chair



SCHEDULE

7:30 AM

RISE AND THRIVE
CHANCE TO WIN PRIZES!

8:15 AM

KEYNOTE SPEAKER
RACHEL DRUCKENMILLER

9:30 AM

BRAIN BOOST BREAKS
SIX OPTIONS

9:45 AM

BREAKOUT SESSIONS
FOUR OPTIONS

11:00 AM

BRAIN BOOST BREAKS
SIX OPTIONS

11:15 AM

INSPIRATIONAL SPEAKER
PETE RIPMASTER

12:00 PM

CLOSING REMARKS

KEYNOTE SPEAKER

8:15-9:30 AM

RACHEL DRUCKENMILLER

CEO & Founder, UNMUTED



Rachel Druckenmiller is on a mission to humanize the workplace by building resilient, connected and compassionate leaders and teams. Recognized as the #1 Health Promotion Professional in the U.S., a 40 Under 40 Game Changer, and one of The Daily Record's Leading Women of 2020, Rachel is a national thought leader in the field of well-being and employee engagement.

Through interactive virtual and in-person keynotes, workshops and trainings, she supports leaders and their teams to become more energized, engaged, and resilient. Rachel delivered over 100 virtual events in 2020 and has been featured as a guest on over 30 podcasts. She holds a Master's degree in Health Science and a Bachelor's degree in Psychology.

I'M STILL STANDING:

Rising Up with People and Purpose

A lot of us felt like 2020 knocked us down. But we've survived. We're still here. We're still standing. In this interactive, experiential and inspirational session, we will explore how to better navigate the continued uncertainty around us. We will discover the power of meaning-making in elevating well-being and resilience and share strategies for fostering engagement and connection in an increasingly virtual world. You will leave this session feeling energized, equipped and empowered to take action and find meaning and growth in the midst of crisis.

BRAIN BOOSTS

9:30 AM AND 11:00 AM

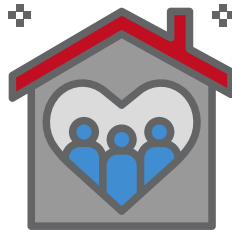
Brain boost breaks are 15-minute serotonin boosts to energize you in between sessions. You will have the chance to move, participate in a scavenger hunt, show off your pets, learn how to create a positive outlook, practice gratitude, and stretch. Each of these brain boosts aligns with one part of the PERMAH framework (positive emotions, engagement, relationships, meaning, achievement, health), thus providing examples of how to infuse PERMAH into your life and organizational culture.

To attend a brain boost break, go to the [agenda](#) and select the break of your choice. When you open the link, you can read the description. This is also where you will participate in the session.



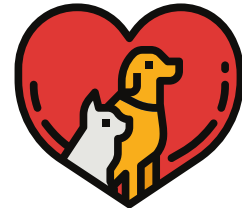
80'S FITNESS

Positive Emotions



PERMAH SCAVENGER HUNT

Engagement



PETPALOOZA

Relationships



MINDFULNESS & POSITIVE OUTLOOK

Meaning

Sponsored by Meru Health



GRATITUDE WITH HEART

Achievement



CHAIR YOGA

Health

BREAKOUT SESSIONS

9:45-11:00 AM

Psychologically Healthy Workforces: Big Idea to Real Application

A psychologically healthy workforce operates in an environment that “fosters employee health and well-being and enhances organizational performance” (American Psychological Association, 2019.) So, how do you begin? The good news – you don’t have to start from square one. Chances are you’ve already established a foundation. The purpose of this breakout session is to provide a strategic model for employers to create or strengthen a psychologically healthy workforce. The framework includes four main elements: Know the Impact, Break the Silence, Deliver Robust Care Options, and Build a Culture of Well-being. As we dive into each element, you will hear ideas which create an actionable roadmap to impact the psychological health of your workforce. You will leave with resources and simplified steps to support a health and well-being strategy for your workforce.



Melissa Ford
Kaiser Permanente



Christina Torizzo
Kaiser Permanente

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From Suits to Pajama Pants: Spotting and Responding to Employees’ Mental Health Needs in the Virtual Workplace

According to a recent study, between 22 percent and 35 percent of U.S. employees living through the COVID-19 pandemic are experiencing symptoms of depression. With such a large percentage of the global workforce working remotely, and by some estimates as much as 42 percent of the entire U.S. labor force, it's imperative employers are aware of the warning signs of mental health issues in their employees and respond proactively. Yet, the challenge so many employers and managers face in virtual work-from-home environments is knowing how to “spot” and identify the warning signs of those employees in need. In this session, we will identify warning signs employers should be on the lookout for in their employees and provide research-proven strategies that promote mental health and well-being in the workplace.



Erin Hartley
Meru Health



Brett Shrewsbury
Meru Health

BREAKOUT SESSIONS

9:45-11:00 AM

Sparking Change: A Pathway to Inspired and Creative Leadership

How often have you wanted to share your ideas about a meaningful project, but didn't for fear of looking foolish? Have you wanted to provide honest, constructive feedback about a supervisor but feared retaliation? Maybe you made a mistake and felt you couldn't come clean? We'll examine psychological safety and the crippling impact it can have on creativity, workplace stress and business outcomes. You'll get a glimpse at how real organizations are tackling these initiatives and learn what strategies will be successful in your team or organization. We will explore how improving psychological safety deepens and adds meaning to existing wellbeing strategy. Discover accessible tools to start the conversation with your team or larger organization. Join us for an interactive learning session that inspires you to create the spark for change at your workplace.

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Julie Casper
Lockton Companies &
University of Denver

10 Ways to Enhance Your Employee Experience in 2021

According to Gallup, employee experience is the journey an employee takes with an organization including interactions that happen along the employee life cycle and experiences that involve an employee's role, manager, and well-being. A positive employee experience might include alignment with purpose, brand, and culture; great leaders; feeling valued; psychological safety; learning and development opportunities; a people first company; autonomy; work-life balance; flexible working environments; and community. Given the drastically changing environment we're all trying to navigate, we hope you'll join us for this important session as we share a variety of strategies to boost your employee experiences, which in turn can enhance both individual and organizational well-being!



Anji Antkowiak
Boulder County



Amanda Robine
Creighton University



Aryn Schlichting
Eagle County



Jeff Zahlen
Healthbreak, Inc.

INSPIRATIONAL SPEAKER

11:15 AM-12:30 PM

PETE RIPMASTER

Adventurer & Ultrarunner, Northern Lights Speaking LLC



Pete Ripmaster is a husband, father, ultra-marathoner, and public speaker. Pete competed in his first marathon in 2008. Iditarod champion, and ultrarunner Pete Ripmaster, faced howling wolves, a brush with death, and a daunting journey across the Alaskan wilderness to win the most brutal winter ultra-marathon in the world- the 1,000 mile Iditarod Trail Invitational. He went from dead last, having a near death experience, to winning the race.

Pete is recapturing the spirit of adventure with his newest endurance challenge, the Owl Run Hundreds Project, where he will complete fifty 100 mile runs/races in all 50 states. Pete is a decorated public speaker with a passion for sharing his story of perseverance and determination. Ultimately, he empowers audiences across the country to reach their goals through purpose and resolve. Pete continues to inspire others to chase their dreams with tenacity, one talk at a time.

TRUE GRIT!

In this inspirational closing keynote, Pete Ripmaster will share lessons learned while running 50 Marathons in 50 States, and winning the 2018 1,000 Mile Iditarod Trail Invitational. You will walk away from his talk energized with three main takeaways:

- Having the courage to make big goals.
- Using failures as steppingstones to success.
- Knowing when to revise goals.

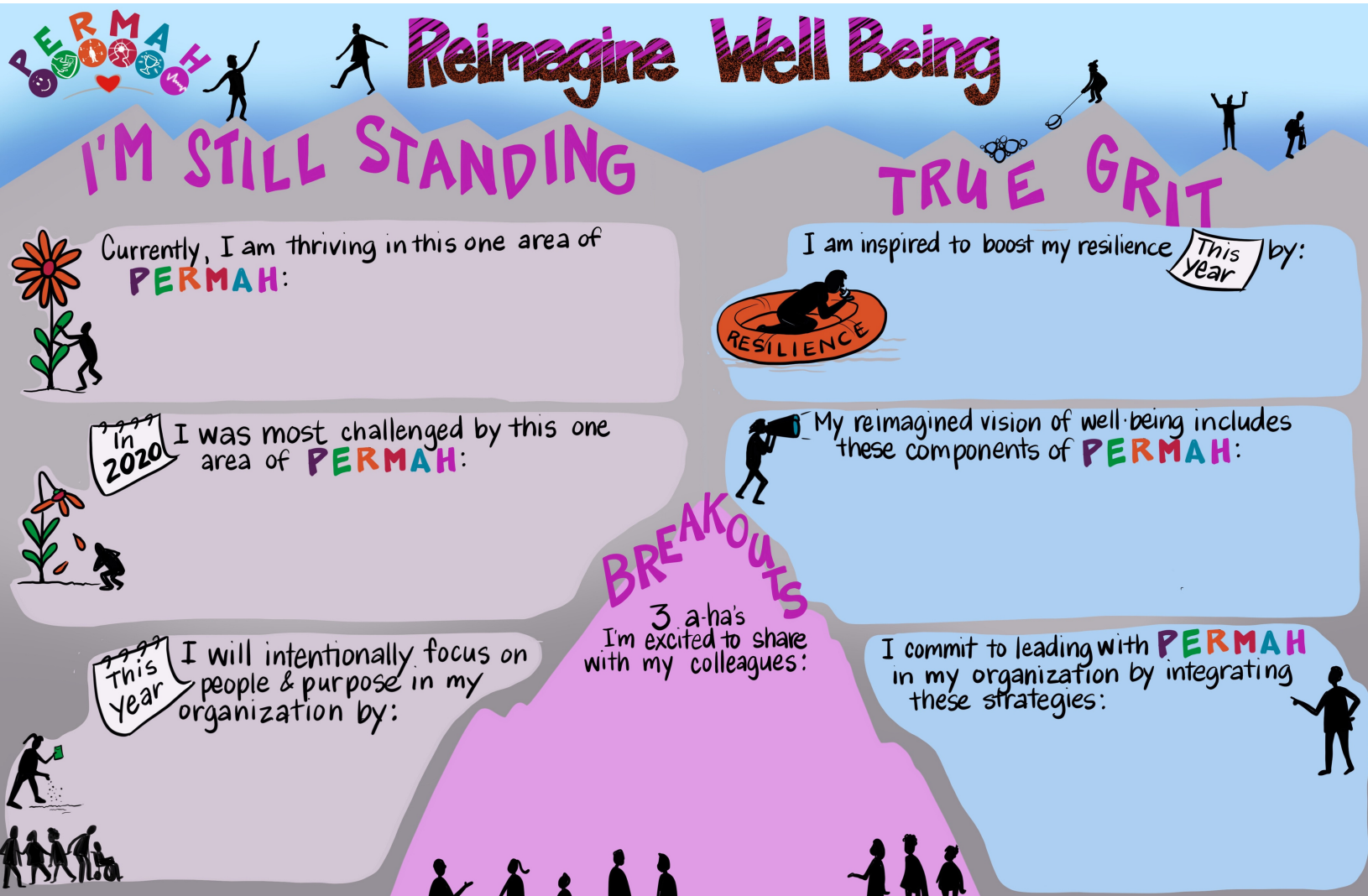
SYMPOSIUM NOTE CATCHER

How to use the Note Catcher:

- Prior to the symposium, print the note catcher. Throughout the event, use this interactive tool and fill in your answers.
- Copy this image into an application like "Paint" and write your answers into the spaces provided.
- Download the PPT on the symposium website and type your answers into the slide.

When to use the Note Catcher:

1. Answer the questions for "I'm Still Standing" after the keynote speaker.
2. Write down your three "ah-ha's" after the breakouts.
3. Answer the questions for "True Grit" after the inspirational speaker.



THANK YOU TO OUR 2021 SYMPOSIUM SPONSORS

Platinum Level



Silver Level



Bronze Level

Meru Health | PASCO

Exhibitors

Healthbreak, Inc. | Health Links | Lockton Companies
Wellbeats

ACTIVITIES & RESOURCES

Presented by our sponsors

PNC BANK: Financial Well-Being Check-Up

Financial wellness is an important tool to combat stress. To help support health wellness, PNC Bank will donate \$250 to the American Heart Association for anyone who requests a Financial Wellness Checkup for their organization. Thank you to PNC Bank for supporting longer, healthy lives! [Learn more.](#)

Meru Health: Symposium Attendee Mental Well-Being Assessment

Help us understand the mental well-being of our symposium community by taking Meru Health's anonymous self-assessment. [Click here to learn more.](#)

PASCO: Resiliency for Caregivers Activity

As caregivers sometimes we forget that we also need care. These resources will help to check in with yourself and look towards a better future. [Click here to learn more.](#)

Health Links: Receive 5 SHRM Credits

Thanks to Health Links, attendees can receive 5 SHRM Credits for attending the symposium. For more information, email Rebecca.Silva@heart.org.

THANK YOU TO OUR 2020-2021 CORPORATE HEALTH COMMITTEE



TARALYN JENSEN - Committee Chair
Director of Transformational Wellness,
Healthbreak, Inc.

JENNIFER BECKER
Benefit Consultant, Hays Companies

AMANDA BRANTLEY
District Wellness Manager, Poudre School District

CATHY EMERSON
Benefits Manager, Encore Electric

STEVYN GUINNIP
Wellness Advisor, Grow Wellthy

BRANDY LAPPI
Director of Workforce Health and Onsite Employer
Services, Kaiser Permanente

TIM OLSON
Corporate Insurance Consultant, Lockton Companies

MATT PICKETT
Regional VP of Sales, Collective Health

KEN PINNOCK
Director of People Development,
University of Denver

CARLA SASSANO
Engagement Consultant, Cigna

TRACY SHEA
Workplace Wellness Strategist, Denver Health

BRETT SHREWSBURY
Chief Commercial Officer, Meru Health

ANGIE VILLAMARIA
Market Solutions Director, Welltok

JEFF ZAHLEN
Director of Digital Solutions, Healthbreak, Inc.

CONGRATULATIONS TO OUR 2020 WORKPLACE HEALTH ACHIEVEMENT ORGANIZATIONS



- Allosource
- Aspen Valley Hospital
- Boulder County
- Children's Hospital Colorado
- City and County of Denver
- City of Greeley
- Denver Water
- Encore Electric, Inc
- Ent Credit Union
- Jefferson County, CO
- Poudre School District
- RK
- SCL Health - Good Samaritan Medical Center
- SCL Health - Luthern Medical Center
- Terumo Blood and Cell Technologies
- Tri-County Health Department, serving Adams, Arapahoe & Douglas counties
- VF Corporation



- Centura Health
- City of Littleton
- DaVita
- Denver Public Schools
- Eagle Claw
- EchoStar
- Greeley-Evans School District
- Metro Wastewater Reclamation District



- Academy School District 20
- Douglas County School District
- Maiker Housing Partners
- MGMA
- South Suburban Parks and Recreation
- St. Vrain Valley School District
- Town of Bennett
- UCHHealth
- Zurich North America - Colorado Springs, CO



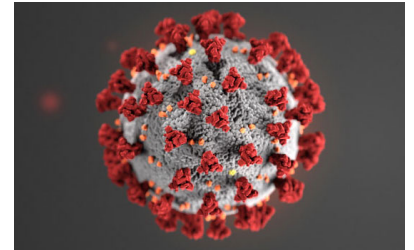
- City of Thornton
- Fitzsimmons Federal Credit Union

To learn how your organization can participate in the Workplace Health Achievement Index, email WHS@heart.org

AMERICAN HEART ASSOCIATION RESOURCES

COVID-19 Resources

There seem to be countless questions about the coronavirus that causes COVID-19 — and some answers seem to change every day. Find current, science-based information about the pandemic and learn how we're relentlessly fighting COVID-19 together. [Check out AHA resources that address COVID-19.](#)



Denver Pulse: AHA's Quarterly Market Update:

A quarterly market update delivered straight to your inbox! To subscribe, email Lyndsey.Albright@heart.org.



Healthy Food & Beverage Toolkit

A healthy workplace is one where the environment makes being healthy, easy. A prime opportunity to improve your workplace environment and the health of your employees is rethinking the food environment. The toolkit contains AHA scientific guidelines and practical advice on changing your vending, catering and general food culture policies. www.heart.org/foodwhereur



Healthy for Good is a revolutionary movement to inspire you to create lasting change in your health and your life, one small step at a time. The approach is simple. Eat smart. Add color. Move more. Be well. Get infographics, videos, recipes, articles, and more.

<http://healthyforgood.heart.org>.



Mental Health & Well-Being

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

[Mental Health: A Workforce Crisis CEO Roundtable Report](#)

SAVE THE DATE

2021 UPCOMING AHA EVENTS

April 7: Women of Impact Final Celebration

May 15: Heart Ball Celebration

June 5: Digital Denver Heart & Stroke Walk

September 2021: CycleNation Denver



2021 AHA PERMAH WEBINAR SERIES

The American Heart Association will continue the conversation through our webinars series!
Topics and dates will be announced soon.

**If you have topic ideas or are interested in learning more,
please contact Maddie.Philley@heart.org**