



Detroit Area Chapter-ISCEBS presents:

Evolution from Wellness to Evidence-Based Health Management Programs

Learn how to help your employees develop a healthy lifestyle at the same time you improve your employer's bottom line by reducing health related costs.

The session will cover:

- During this session, we will briefly discuss the history of worksite wellness and the eventual evolution of these strategies into comprehensive population health management programs based on data and evidence.
- We will outline the steps involved to build the business case for a comprehensive health management program.
- When reviewing various approaches, we will provide examples of what works vs. what does not work. Specifically, we will provide actual case studies of several successful programs outlining the program design, including incentive strategy and the return-on-investment.
- Finally, we will wrap-up with a brief discussion of the compliance considerations that employers need to be mindful of when designing these programs.

Speaker:

Rita D. McCaskill, CEBS, Senior Consultant with Towers Watson

Rita is a senior consultant in the health and productivity practice. Rita has a broad range of experience in group and health care with over 19 years of combined experience in consulting, human resources and benefits program management and group insurance.

Rita provides consulting advice to clients on the strategy and design of health and productivity programs, health care cost containment, vendor management and benefit program compliance. As a part of the health and productivity practice, Rita's primary focus is on the development and assessment of programs to prevent illness and injury and to promote health.

<p>Date: March 12, 2010</p> <p>Time: 8:30 am to 9:00 am – Registration and Breakfast 9:00 am to 11:00 am – Presentation and Questions</p> <p>Location: Birmingham Conference Center 31301 Evergreen Beverly Hills, MI 48025 (located on the Northwest corner of Evergreen and 13 Mile Rd.)</p> <p>Cost: \$40, Members; \$50, Non-Members</p> <p>Please Register by mail, phone or e-mail no later than March 9, 2010.</p>	<p>Make check payable and mail to: Detroit Area Chapter-ISCEBS c/o JoAnn Riopelle Towers Watson 28411 Northwestern Hwy, Ste 500 Southfield, MI 48034 Tax ID#36-3386713</p> <p>Checks are due no later than the day of the seminar.</p> <hr/> <p>By e-mail: Detroit_ISCEBS_Chapter@comcast.net</p> <p>By phone: (248) 988-0369 Leave a voice mail on the Chapter voicemail box</p> <p>Bring check with you to the seminar</p>
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