

Wellness Engagement Workshop – September 24, 2014

Lehigh Valley Hospital-Muhlenberg



“Interactive Workshop Designed to Help LVBCH Employer Members Increase Employee Engagement in Worksite Wellness Programs”

Agenda

- 2:00 pm Registration & Networking
- 2:15 pm Workshop Begins
- 3:30 pm Employer Roundtable Discussion
- 4:00 pm Adjournment

Event Sponsors

This event is sponsored by Valley Preferred’s BeneFITSM Corporate Wellness Program



BeneFITSM

 Corporate Wellness

www.benefitcorporatewellness.com



Valley Preferred

 LEHIGH VALLEY HEALTH NETWORK

www.valleypreferred.com

Helping employees and their families live healthier lives. That’s the BeneFITSM Corporate Wellness Program—a natural outgrowth of Valley Preferred’s dedication to improving health care quality, affordability, and effectiveness in our communities.

Facilitators



Carol Noel Michaels, MPH, MCHES

Director, Health Promotion and Wellness, BeneFITSM Corporate Wellness

Carol Noel Michaels is responsible for strategic planning and execution of Valley Preferred's BeneFITSM Corporate Wellness Program to promote healthier lifestyles for Valley Preferred business clients. She also leads and coordinates health and wellness initiatives for Lehigh Valley Health Network employees. Ms. Michaels received her Master of Public Health degree from the University of North Carolina at Greensboro and her bachelor's degree in Biology from Bucknell University. She is a Master Certified Health Education Specialist (MCHES).



Kristin Behler, MPH, MCHES

Manager, Health Education and Wellness, BeneFITSM Corporate Wellness

Kristin Behler has direct oversight of the Health Education and Wellness Coach teams, including new growth within BeneFIT Corporate Wellness. Ms. Behler received both her bachelor's and master's degrees in Public Health from East Stroudsburg University. She is a Master Certified Health Education Specialist (MCHES).



Amanda Greene, BS, CHES

Certified Health Education Specialist, BeneFITSM Corporate Wellness

Amanda Greene designs, plans, implements and evaluates corporate wellness initiatives for Valley Preferred's BeneFITSM business clients. Ms. Greene received her bachelor's degree in Community Health Education from the William Paterson University in New Jersey and is a Certified Health Education Specialist (CHES).



Sarah Engler, CHES

Certified Health Education Specialist, BeneFITSM Corporate Wellness

Sarah Engler designs, plans, implements and evaluates corporate wellness initiatives for Valley Preferred's BeneFITSM business clients. Ms. Engler received her bachelor's degree in Community Health Education from East Stroudsburg University. She is a Certified Health Education Specialist (CHES).

NCQA Accreditation

BeneFITSM Corporate Wellness is accredited by the **National Committee for Quality Assurance (NCQA)** for Wellness and Health Promotion. BeneFITSM offers more than two decades of experience providing employers with customized corporate wellness services to encourage healthy lifestyles and cultures. Locally managed and onsite, BeneFITSM is available to employers in eastern Pennsylvania regardless of size or health plan.

