



## Monday

9:30 a.m. – 12:00 p.m.

### Service and therapy pets in action!

What better way to test the therapeutic benefits of animal-assisted therapy than by taking a quick break? Interaction with animals has been shown to reduce anxiety, depression and feelings of pain; increase social engagement; and reinforce rehabilitative behaviors in clinical and casual settings. Join Sedgwick to recharge and add a little play to your day with help from trained therapy animals while you learn about the latest in health, wellness and productivity.

10:00 – 10:30 a.m.

### 10 in 20: Quick tips for workforce wellness and productivity

Talk about getting a lot of value out of a little session – join us as we share 10 tips in 20 minutes, focusing on practical ideas to bring to your workforce. Let's discuss health, fitness and safety tips for use in the office – whether traditional, remote, hybrid or on the road. Come away with exercises, activities and inspiration to help you sharpen your focus, boost your mood, promote wellness and support productivity.

[Josephine Copeland](#) | senior vice president, managed care product design and strategy | Sedgwick

[Kathy Tazic](#) | managing director, client services | Sedgwick

10:30 – 11:00 a.m.

### Managing chronic pain through virtual reality

Individuals with chronic pain may experience limited mobility, increased feelings of anxiety and depression and reduced quality of life. The treatment varies but can require an extensive plan involving prescription or over-the-counter medication – until now. Virtual reality (VR) devices can be used as a method of behavioral therapy intended to address the physiological symptoms of pain. Join us for this informative session and explore the technology's effectiveness and potential hurdles.

[Beth Darnall, Ph.D.](#) | evidence-based psychologist, director | Stanford Pain Relief Innovations Lab

[Charisse Sparks](#) | chief medical officer | AppliedVR

[Kimberly George](#) | global head, innovation and product development | Sedgwick

11:00 – 11:30 a.m.

### Beyond the headlines: Why mental health awareness is here to stay

How will you help foster a culture that prioritizes mental health and makes employees feel comfortable, confident and understood? Identify resources that allow your organization to prepare for the potential mental and emotional workplace adjustment related to COVID-19. Know the common mental health conditions that affect employee performance and workplace absence. Learn about ways to improve your own mental health. Consider key, actionable insights into workplace mental health programming that better support you and your colleagues.

[Nancy Strubler](#) | director of workers' compensation | National Express, LLC

[Mark Debus](#) | clinical manager, behavioral health | Sedgwick

4:00 – 5:00 p.m.

### Service and therapy pets in action!

4:00 – 4:30 p.m.

### Tools of the trade: How to use a sit/stand desk and other healthy habits

The unconventional work arrangements that have sprung up over the last few years have left many feeling more deconditioned than ever. Whether working from home, the office or a hybrid arrangement, movement throughout the day is essential to overall health and well-being. In this session, we will discuss why and how to properly use a sit/stand desk and incorporate other healthy habits into your workday.

[Lisa Orr](#) | senior human factors consultant, risk services | Sedgwick

## Tuesday

12:00 – 1:00 p.m.

### Service and therapy pets in action!

12:00 – 12:30 p.m.

### AI and wearables: The future of health, privacy and safety

There seems to be an app or a program for every aspect of our health, tracking movement, heart rate, sleep and more. The benefits of wearables are undeniable – from monitoring fitness to promoting mindfulness to connecting and informing health professionals – but what are the security and safety risks? Let's explore the pros and cons from the health and risk management viewpoints.

[Jen Thorson](#) | chief operating officer and founder | Modjoul

[Josh Turner](#) | account manager | Modjoul

[Kimberly George](#) | global head, innovation and product development | Sedgwick

12:30 – 1:00 p.m.

### The long game for long-haul COVID

Millions of people are experiencing symptoms related to COVID-19 long after the standard and expected recovery period. These symptoms can significantly affect everyday function and work performance. This session will outline the symptoms and prevalence of long-haul COVID, the impact of this condition on the workforce, considerations for employers in addressing related challenges, and what organizations can do to best prepare for what lies ahead in this arena.

[Bryon Bass](#) | senior vice president, workforce absence | Sedgwick

[Max Koonce](#) | chief claims officer | Sedgwick

4:00 – 5:00 p.m.

### Service and therapy pets in action!

4:00 – 4:30 p.m.

### Get to know the organizations behind the animals

Part of our Wellness ZENter purpose is giving back to charitable organizations that give so much to the community. Learn more about this year's partners: Canine Companions – dedicated to providing service dogs to adults, children and veterans with disabilities, as well as professionals working in healthcare, criminal justice, and educational settings; and Vet SOS – bringing healthcare to homeless San Franciscans and their companion animals.

[Jonathan Mast](#) | digital strategy director | Sedgwick

## Wednesday

12:00 – 1:00 p.m.

### Service and therapy pets in action!

12:30 – 1:00 p.m.

### Sleep essentials and what they can mean for your workforce

Tossing and turning at night? It's not uncommon to have difficulty falling or staying asleep. The CDC estimates that 1 in 3 people in the United States doesn't get an adequate amount of rest. The impact this has on employee productivity, mental health and physical health is staggering. Poor sleep habits are partially to blame, but it goes beyond the blue light from your tablet and caffeine intake throughout the day. In this session, we'll explore the science behind sleep and strategies to help you fall (and stay) asleep.

[Josephine Copeland](#) | senior vice president, managed care product design and strategy | Sedgwick

[Mark Debus](#) | clinical manager, behavioral health | Sedgwick



P R O U D S U P P O R T E R O F R I M S