



2024 WELLBEING SUMMIT

LEARN | COLLABORATE | STRATEGIZE | IMPLEMENT

Date: **Feb 7, 2024**

Presented by: **The VBA Benefits Corporation**

9:30 - 10:00am	Arrival, Vendor Visits & Grab Coffee
10:00 - 10:15am	Welcome & Introductions
10:15 - 10:45am	Wellness and the VBA Benefits Corporation - Looking Back and Moving Forward <i>Overview of past and current wellbeing initiatives as well as potential future solutions to support your wellbeing strategies.</i>
10:45 - 11:00am	Review of Employer Survey Results
11:00 - 12:15pm	Establishing a Multi-Year Wellbeing Strategy <i>Laura Moore - MMA provides insight into creating a Wellbeing Strategy utilizing MMA's tools and resources (including demo of eMMpower site). Followed by discussion and starting a wellbeing strategy. Q&A included.</i>
12:15 - 1:00pm	Lunch
1:00 - 1:30pm	Point Solution 1 - Hello Heart Point Solution 2- Noom
1:30 - 1:40pm	Financial Wellbeing with John Snead
1:40 - 1:50pm	Yogurt Parfait Bar & Break
1:50 - 2:45pm	Anthem EAP Presents <i>Connection Between Exercise & Mental Health; Effects of Unhealthy Eating; Workday Workouts</i>
2:45 - 3:00pm	Next Steps & Closing