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## **FOR IMMEDIATE RELEASE**

### **Ann Wyatt to Present "10 Ways to Jumpstart Your Employee Health Program" at 2015 HERO Forum**

*Sept. 29 workshop includes steps for turning an OK health management program into a stellar one that generates measurable return on investment (ROI) and aligns with business objectives.*

**MINNEAPOLIS Sept. 22, 2015** Ann Wyatt, HealthFitness regional vice president, account management, will lead the workshop, "10 Ways to Jumpstart Your Employee Health Program" at 11:15 a.m. on Tuesday, Sept. 29 at the 2015 HERO (Health Enhancement Research Organization) Forum in Chicago, Ill.

Workshop attendees will learn how to turn an OK health management program into a stellar one that generates measurable ROI and aligns with business objectives.

Attendees will discover how to take a consultative approach that starts with asking the right questions, including:

- Why should employees care?
- How well do we know our workforce?
- How do we measure program success?

More than 400 employers, employee health management providers, industry professional organizations and research experts are expected to attend the HERO Forum, which runs Sept. 29 through Oct. 1.

During her workshop, Wyatt will share client examples and a series of best practices to help participants:

- Understand the framework for strategic design with wellness
- Adapt best practices for immediate use in their own program
- Use different tools available to measure program effectiveness
- Identify next steps to evolve their program

Wyatt has more than 25 years of experience with employee health programs. In her current role she oversees the startup of new health management and corporate fitness programs, the transition of existing programs, employee recruiting and training, program quality assurance and operations management.

**About HealthFitness**

HealthFitness, a Trustmark company, is an award-winning, URAC- and NCQA-accredited provider of health management, corporate fitness and condition management solutions. With nearly 40 years of experience, HealthFitness is a proven leader and partner for infusing a culture of health. We maximize client results through personalized interaction and a science-based approach to on-site program management, engagement and prevention. Parent company Trustmark provides a full spectrum of employee benefits to improve well-being through better health and greater financial security. For more information on HealthFitness, visit [www.healthfitness.com](http://www.healthfitness.com).

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