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FOR IMMEDIATE RELEASE

Tatiana Shnaiden and Tim Peters to Present on Aligning Work Environment with Policy at 2016 HERO Forum

Using an analysis of HERO scorecard data and employer case studies, breakout session will demonstrate the importance of establishing synergy between health promoting policies and physical work environments

MINNEAPOLIS September 13, 2016 Tatiana Shnaiden, MD, MS, HealthFitness chief science & analytics officer and her colleague, Regional Vice President Tim Peters, will lead the breakout session, "Aligning Work Environment with Policy to Create a Culture of Health" at 3:45 p.m. on Tuesday, Sept. 27 at the 2016 HERO (Health Enhancement Research Organization) Forum in Atlanta, Ga.

In this session, Dr. Shnaiden and Mr. Peters will use an analysis of HERO scorecard data, along with employer case studies, to demonstrate to attendees the importance of establishing synergy between health promoting policies and physical work environments. The session will include a discussion on drawing the link between best practices related to policies and physical environment, provide a practical framework to the use of behavior change principles, and introduce an easy-to-use wellness program design that allows employers to measure, manage and link wellness program outcomes to the related intervention.

More than 500 employers, employee health and well-being providers, wellness industry professional organizations and research experts are expected to attend the HERO Forum.

Dr. Shnaiden brings 20 years of experience in health care analytics. In her current role she defines company strategic directions and initiatives in data analytics, research and scientific evidence; and leads a cross-functional science and analytics team.

Tim brings over 20 years of experience directing comprehensive wellness programming, including onsite screenings, health assessments, lifestyle and condition management coaching, injury prevention initiatives, on-site fitness facilities, benefits advocacy and self-care education. In his current role he helps set

the strategic direction for and oversees the implementation of health management and corporate fitness programs and serves as a key client liaison.

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.

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