



Turning the Keys to Unlock Greater Health & Performance Globally

IHPM / WPWA UK Forum Unilever

London, UK

7 December 2018

Supporting Sponsors:

Morneau Shepell | Technogym

Compass Group

Featured presentations will include:

- 9:00** **Welcome & Opening Keynote – Leena Nair, Chief HR Officer – Unilever, London**
- 9:15** **Unilever’s Global Employee Health Program Results**
Dr. Rajgopal Thirumalai, VP, Group Medical & Occupational Health, Unilever
- 9:45** **Global Rollout of BP International’s Employee Assistance Program – Dr. Lali Japaridze, Senior Health Director, BP International**
- 10:15** **Cresting the Mental Health Wave with i-CBT**
Barbara Veder, MSW, RSW, Vice President, Global Clinical Services, Research Lead & Chief Clinician, LifeWorks by Morneau Shepell
- 11:00** **Break**
- 11:20** **Fasting Mimicking Diet | FMD®, The Optimize Challenge, IHPM & ProLon UK**
- 11:40** **Role of a Company-Wellness Ecosystem: the Technogym Experience**
Conrad Betton, Health, Corporate & Performance, UK, Technogym
- 12:15** **Improving Performance is As Easy As a Good Night’s Sleep**
Dr. Ruchir Sehra, MBA, FACC, President & CEO, Resonea, Inc.
- 13:00** **Lunch**
- 13:45** **Managing Chronic Musculoskeletal Pain – Pfizer and IHPM**
- 14:30** **Get-Help-Now for Musculoskeletal & Mental Health Conditions: Introducing the EU funding project – Prof. Joachim E. Fischer, MD, Director, Mannheim Institute of Public Health, Social and Preventive Medicine, Heidelberg Univ. and Markus Schropp, Business Strategy Consultant, HR and Health Digitalization**
- 15:15** **Self-Care: An Investment in Better Work Force Health and Productivity**
James Clark, Public Affairs Lead, Consumer Healthcare, Sanofi UK
- 15:50** **Break**
- 16:10** **Innovating to Meet Global Workforce Health Challenges at Comcast NBCUniversal**
Barry Hall, FSA, MAAA, Executive Director, Benefits Innovation
- 16:30** **Changing Culture Through Workplace Health**
Helen Seward, Global Health Programme Manager, Compass Group
- 17:00** **Employer Round Table & Group Discussion – moderated by Sean Sullivan, JD, President & CEO, IHPM**
- 17:30** **Adjourn**