



MBGH Employer-Only Wellbeing Forum January 28, 2026 8:00 AM – 4:00 PM

Digital Innovation + Personalization = A New Era of Employee Wellbeing & Engagement

8:00 AM	Breakfast and Exhibits
8:30 AM	Welcome and Overview <ul style="list-style-type: none">Cheryl Larson, President and CEO, MBGH
8:45 AM	Digital Harm Reduction at Work: Innovation That Honors the Human Brain <ul style="list-style-type: none">Thekla Brumder Ross, PsyD, Clinical Psychologist & Digital Harm Reduction Strategist
9:45 AM	Real-World Wellbeing: Redefining Personalization in the Digital Era <ul style="list-style-type: none">Kat Cagle, Wellness Director and Internal Communications Director, Phifer Incorporated
10:40 AM	Break and Exhibits
11:10 AM	Personalized Employer Strategies that Inspire, Engage & Deliver <ul style="list-style-type: none">Moderator: Paula Sheehan, Director Member Engagement, MBGHShannon McCarthy-Bennett, Sr. Benefits Analyst, CienaNina Auffart, H&W Strategy and Wellbeing Manager, Fortune Brands Innovations, Inc.Niki Bourque, VP, Corporate Wellbeing, Regions Bank
12:05 PM	Lunch and Exhibits
12:45 PM	Clinician & Expert Insight Fireside Chat: The New Era of Innovation & Personalization <ul style="list-style-type: none">Moderator: Cheryl Larson, President and CEO, MBGHChristynne Helfrich, Senior Clinical Solutions Lead, Hinge HealthCarl M. Noble, III, Founder & Chief Executive Officer, Pathfinder HealthAmy Jordan, VP of Consumer Digital Engagement, UHC/Surest

1:40 PM	Table Talks
1:50 PM	Break and Exhibits
2:15 PM	Legal Updates for the New Era of Employee Wellbeing <ul style="list-style-type: none">• Sarah Bassler Millar, Partner, Faegre Drinker Biddle & Reath LLP
3:00 PM	Energy Break
3:05 PM	Stakeholder Panel: Partnering for Innovation to Power Personalization & Engagement <ul style="list-style-type: none">• Moderator: Pam Hannon, Former Retirement & Total Rewards Healthcare Leader, GE Healthcare & Past MBGH Board Chair• Jen Benz, SVP Growth & Innovation, Segal Benz• Rick Fox, Senior Consultant, Central Region Leader – Population Health & Well-being, Brown & Brown• Kathleen Schulz, Global Innovation Leader, Organizational Wellbeing, Gallagher
3:55 PM	Closing and Prizes <ul style="list-style-type: none">• Cheryl Larson, President and CEO, MBGH
4:00 PM	Adjournment