



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

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

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| 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, MBGH• Shannon McCarthy-Bennett, Sr. Benefits Analyst, Ciena• Nina 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, MBGH• Christynne Helfrich, Senior Clinical Solutions Lead, Hinge Health• Carl M. Noble, III, Founder & Chief Executive Officer, Pathfinder Health• Amy 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
- 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
- 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
- Cheryl Larson, President and CEO, MBGH
- 4:00 PM Adjournment