

THURSDAY—FEBRUARY 2

All sessions will be held in Roman Ballroom I/III, Promenade Level, Palace Tower.

7:00 a.m.	Registration and Continental Breakfast
8:00 a.m.	Welcome and Opening Remarks
8:15 a.m.	*The Correlation Between Insomnia and Chronic Illness, <i>Steven M. Scharf, MD, PhD, University of Maryland Sleep Disorders Center</i>
9:15 a.m.	*Special Considerations of “Older Consumers” in Workforce Wellness Programs, <i>Walter Bortz II, MD, Stanford University Medical School</i>
10:15 a.m.	Break
10:30 a.m.	“The Unmentionables,” <i>Alexandra Drane, Eliza Corporation</i>
11:15 a.m.	Stress Reduction for Those Who Live With a Chronic Illness in Mind and Body, <i>Mary Jo Kreitzer, PhD, RN, FAAN, University of Minnesota</i>
12:00 p.m.	Luncheon Presentation—An Overview of OptumHealth™ (optional)
1:15 p.m.	Primary Prevention Strategies for Type 2 Diabetes, <i>Ruchi Mathur, MD, FRCP, Cedars-Sinai Medical Center</i>
2:00 p.m.	*Smoking Cessation, A Critical Component in the Management of Chronic Disease, <i>Frank T. Leone, MD, MS, University of Pennsylvania Medical Center</i>
3:00 p.m.	Break
3:15 p.m.	*Innovative Technology for Congestive Heart Failure: At the Crossroads of Routine Medical Miracles, Rationing, and Final Choices, <i>Mark L. Barr, MD, University of Southern California</i>
4:15 p.m.	Back Pain: How Can We Manage Both the Pain and the Cost? <i>Julie Fritz, PhD, PT, ATC, The University of Utah</i>
5:00–6:30 p.m.	Complimentary Get-Acquainted Reception— <i>Roman Ballroom II/IV</i> Join your colleagues for hors d’oeuvres and beverages. You won’t want to miss this opportunity to gather information and ideas from exhibitors regarding wellness and disease management.

FRIDAY—FEBRUARY 3

7:30 a.m.	Continental Breakfast
8:00 a.m.	Opening Remarks
8:15 a.m.	Evidence-Based Guidelines for the Management of Migraine Headaches, <i>Robert G. Kaniecki, MD, University of Pittsburgh School of Medicine</i>
9:00 a.m.	The Role of Social Media in the Management of Chronic Illness, <i>Lee Aase, Mayo Clinic Center for Social Media</i>
9:45 a.m.	Break
10:00 a.m.	*Management of Complex Chronic Conditions, <i>Hayden B. Bosworth, PhD, Duke University Medical Center</i>
11:00 a.m.	*Integrated Care for Those With Multiple Chronic Conditions, Including Mental Illness, <i>Kathleen Reynolds, LMSW, ACSW, SAMHSA-HRSA Center for Integrated Health Solutions</i>
12:00 p.m.	Lunch (provided)— <i>Roman Ballroom II/IV</i>
1:00p.m.	*Ethical Considerations in the Battle Against Childhood Obesity, <i>Jon Oden, MD, Children’s Medical Center of Dallas and UT Southwestern Medical Center</i>
2:00 p.m.	Break
2:15 p.m.	*Celebrate the Pride, Power and Passion of Nursing, <i>Kathleen D. Pagana, PhD, RN, Speaker and Best-Selling Author</i>
3:15 p.m.	Family Caregivers: Invisible Members on a Health Care Team, <i>Suzanne Mintz, The Family Caregiver Association</i>
4:00 p.m.	Adjourn

Note: OptumHealth Education reserves the right to make any necessary changes to this program. Efforts will be made to keep presentations as scheduled. However, unforeseen circumstances may result in the substitution of faculty or content.

Last Updated: 01/19/2012

* Sessions accredited for Social Workers.

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