



February 23, 2021

11:30 a.m. – 12:00 p.m.

Addiction and mental-health treatment in a socially distanced world

The pandemic has put a spotlight on the importance of chronic conditions, especially psychological ones. Since in-person support is not readily available now, there's been huge growth in digital mental-health apps and treatment platforms. While it's encouraging to see more accessible help being offered to those struggling with mental illness and substance abuse, how much do we really know about these programs? This session will focus on mental health and addiction – both chronic conditions – in the workplace and how they affect employee productivity. Further, the benefits and return-on-investment of receiving early effective treatment will be covered.

Speaker:

Lanie Schachter-Snipper, registered psychotherapist and national director of outpatient services, EHN Canada

12:00 – 12:30 p.m.

Rethinking Alzheimer's disease and its growing workplace implications

In recent years, a national strategy was launched for Canadians living with dementia and their caregivers. While this condition is frequently associated with the elderly, dementia can occur in people younger than 65. Young onset dementia accounts for an estimated two to eight per cent of all dementia cases. In this session, participants will learn from a renowned neurological clinician expert about the disease continuum from mild cognitive impairment to Alzheimer's dementia, its burden and impact on individuals and caregivers alike, as well as risk reduction and management strategies.

Speaker:

Dr. Sharon Cohen, neurologist and medical director, **Toronto Memory Program**

(This session has been made possible by Biogen Canada)

12:30 – 12:45 p.m.

Break

During this time, feel free to visit the resources section, refill your coffee and stretch your legs.

12:45 – 1:15 p.m.

Digital diabetes care: Improving employee health, productivity and safety with data-driven disease management

We're living in a digital age, with innovative health technologies revolutionizing the way patients manage their diabetes. This session will provide insight into digital diabetes care transformation and the important opportunities it now presents to improve access, health, productivity and safety outcomes for plan members with this chronic condition. It will also outline key private health plan considerations for the effective adoption of real-time glucose monitoring technology and the opportunities it presents for data integration into other health plan offerings.

Speaker:

Dr. Alex Abitbol, endocrinologist and assistant medical director, **LMC Healthcare**

(This session has been made possible by Dexcom)

1:15 – 1:45 p.m.

Treatment of moderate-to-severe atopic dermatitis: Looking beyond the skin

Moderate-to-severe atopic dermatitis can be a debilitating skin disease and patient journeys are riddled with challenges — ranging from treatment management to periods of flares. Further, a majority of those with this chronic condition suffer from psychosocial issues, which have consequences on their quality of life, productivity and relationships at home and in the workplace. This session will provide an overview of the treatment approach for atopic dermatitis, the unmet needs and new developments in this underserved area.

Speaker:

Dr. Lyn Guenther, professor, dermatology, **Western University**

(This session has been made possible by Pfizer Canada)

1:45 – 2:15 p.m.

Plan sponsor interview: Supporting employees with HIV/AIDS

In this fireside chat with the AIDS Committee of Toronto's director of human resources, attendees will learn what it's like to live with HIV/AIDS, how episodic disability affects these individuals' ability to maintain productivity at work and the immense stigmatization those with this chronic condition face. As ACT's plan sponsor for 20 years, Sergio Martinez will take the audience on a journey, detailing the difficulties in getting adequate benefits coverage for the organization's employees, as well as key insights other plan sponsors can use to support and promote the independence, dignity, health and well-being of plan members living with HIV/AIDS.

Speaker:

Sergio Martinez, director, human resources, **AIDS Committee of Toronto**

Moderator:

Cass Williamson-Hopp, senior editor, conferences, *Benefits Canada*

February 24, 2021

11:30 a.m. – 12:00 p.m.

Tackling chronic disease management — a journey

Chronic disease has been driving costs and risks for many Canadian organizations — and because of this, People Corporation started its journey for better chronic disease management in 2019. Beginning with the claims-cost data and creating a business case, this session will present what the company learned while working with NDC-Nutrition at Work. Further, this session will explore a case study, as well as outcomes, explaining how organizations can be encouraged to manage this difficult employee health area.

Speakers:

Judith Plotkin, vice-president, health and wellness solutions, **People Corporation**

Karine Levy, registered dietitian and clinical manager, **NDC-Nutrition at Work**

12:00 – 12:30 p.m.

What does obesity mean for plan member health?

When it comes to obesity, there's a significant lack of understanding, causing many to believe weight can easily be controlled through behaviours like healthy eating and exercise. However, it's more complicated than that, as weight is highly heritable and our brains defend against weight loss. People living with obesity experience pervasive bias and stigma, which further impacts their health and well-being. This session will discuss obesity as a chronic disease, address weight discrimination in the workplace and help employers understand what this means for employee health.

Speakers:

Dr. Arya Sharma, scientific director, **Obesity Canada** and clinical co-chair, **Alberta Health Services' obesity program**

Dr. Ximena Ramos Salas, director, research and policy, **Obesity Canada**

Dr. Ian Patton, director, advocacy and public engagement, **Obesity Canada**

(This session has been made possible by Desjardins Insurance)

12:30 – 12:45 p.m.

Break

During this time, feel free to visit the resources section, refill your coffee and stretch your legs.

12:45 – 1:15 p.m.

Cancer care support, benefits plans and the new normal

As cancer treatment options have improved, Canadian employers have stepped up, taking on a bigger role. Delays for new drugs to be approved by public-health plans, a shift from inpatient to outpatient cancer therapies and the growing number of oral oncology therapies created an evolving set of issues for employers and their insurance partners to navigate. And then 2020 happened. This session will look at how oncology treatment has changed as a result of the coronavirus pandemic — cancelled appointments and surgeries, the learning curve of remote care, delayed diagnoses and a desire to move care out of crowded health facilities. Beyond the obvious impacts on those suffering with cancer, this session will discuss some of the many implications for employers and Canadian benefits plans and what might be done to adapt to the “new normal.”

Speaker:

Tim Clarke, president, **tc Health Consulting Inc.**

(This session has been made possible by AstraZeneca)

1:15 – 1:45 p.m.

Changing expectations and misconceptions for employees with cancer

Cancer is considered a chronic illness in the medical community, even when it comes to advanced cases or those previously considered untreatable. This session will focus on the patient’s experience when faced with the chronic phase of a cancer diagnosis, as well as considerations for returning to the workplace, a synopsis of recent treatment advancements and supporting research data.

Speaker:

Dina Linardos, nursing director, **CAREpath**

1:45 – 2:15 p.m.

Work disability prevention for chronic and episodic conditions

This session will focus on the business case and actions employers can take to prevent work disability and support employees with chronic and episodic conditions. Tyler Amell will present evidence-informed strategies, straight-forward facts and takeaways that plan sponsors can integrate within their own organizations as they address the workplace health needs of their plan members.

Speaker:

Tyler Amell, adjunct faculty, **Pacific Coast University for Workplace Health Sciences**
