



Annual Wellness Retreat

October 22-23, 2008

Mountain View Grand Resort, Whitefield, NH

The Third Annual Primex³ Wellness Retreat is coming your way on October 22 and 23 and we'd like you to be a part of it. This year's retreat takes us to the beautiful Mountain View Grand Resort in Whitefield for two days of ideas, information and connection around one of your organization's greatest challenges and opportunities. . .employee wellness and its attendant impacts on the workplace.

Our theme of "Celebrating Success" brings you the approaches and strategies that can make your organization a "wellness success". You'll learn from Primex³Health members what they've done to focus on instilling the wellness message and helping to bring down the health care costs. You'll hear from health care experts on trends, issues and solutions that present themselves to you and your organization. And you'll take the first steps to establishing or enhancing an organization-wide wellness culture for your organization.

Keynotes, panel discussions and facilitated exercises will provide you with a meaningful learning experience. Add beautiful surroundings, great food, recreation opportunities and the chance to meet and network with colleagues and Primex³ staff and you've got the making for an event you don't want to miss!

You don't have to be a Primex³Health member to attend. The 2008 Wellness Retreat is also open to all Primex³ Workers' Compensation and Property & Liability members.



CONFERENCE
REGISTRATION

- Wellness Conference Agenda -

Wednesday, October 22

- 7:30 am **Registration Desk Open / Continental Breakfast**
- 8:30 am **Welcome and Opening Remarks**
Heather Anderson
Director, Primex³Health
- 8:45 - 10:00 am **Kick-Off Keynote Speaker
Creating a Planned Action
Toward Health (PATH)**
Gillian Pieper, Director Wellness
& Health Promotion
Vermont School Boards Insurance
Trust, Montpelier, VT

Health affects work and work affects health. Learn how simple ideas, approaches, and mechanisms can help your employees be and stay well. Come learn the research that makes the case for wellness initiatives, how you can easily implement state-of-the-art health action plans and behavior change programs in a pooling environment, and how you can integrate your current benefits into a coordinated, comprehensive support system for your employees across all lines.

- 10:00 - 10:15 am **Break / Wii Fit® Demonstration**
- 10:15 - 12:00 pm **Celebrating Success**
- 10:15 **Town of Gorham**
Denise Vallee
- 11:15 **SAU #70**
Candace Nattie, RN

Hear how Primex³Health members have made employees aware of the personal and organizational benefits of wellness, the actions that they've taken to make wellness come alive and the results they've achieved. You'll learn what's worked and why and have a chance to ask questions. (* Coös County will be sharing their success story at 2:15 pm)

- 12:15 - 1:00 pm **Lunch**
- 1:15 - 2:15 pm **Sleep for Better Health & Safety**
Jeanetta C. Rains

Sleep deprivation and sleep disorders are increasingly recognized as undermining health and safety. Most individuals in America sleep less than the optimal 7-8 hour per night needed; this chronic sleep-deprivation results in substantial cost in drowsy driving, accidents, and lost productivity. Sleepiness-related accidents include those with untreated sleep disorders such as sleep apnea, shift-workers, commercial drivers, young people under age 25 and others who are chronically sleep deprived. This presentation briefly describes normal sleep patterns and major sleep disorders as well as tips for sleeping better.

- 2:15 - 3:00 pm **Celebrating Success***
Coös County Nursing Facility
Debra Wells and Kara Sweatt
- 3:00 - 5:00 pm **Free Time / Fitness Center Open
Organized Fitness Activities**

- 5:30 - 6:00 pm **Cocktail Reception**
- 6:00 - 8:00 pm **Dinner and Entertainment**
Jimmy Dunn, NESN Sox Appeal
- 8:00 - 10:00 pm **Bonfire (outside) S'mores & Networking**

Thursday, October 23

- 6:00 am **Fitness Bands and Exercise Ball Class**
- 7:30 am **Registration Desk Open / Continental Breakfast**
- 8:30 - 10:00 am **Nutrition: Are You Hungry or
Are You Stressed?**
Erica Mumford, RD, LD, CDE

This presentation will explore how stress can influence our eating and how our eating influences our mood. Learn what key nutrients help fight stress and what we might choose to avoid. Discover the survival skills of how to do your best with food and stress!

- 10:00 - 10:30 am **Break / Wii Fit® Demonstration**
- 10:30 - 12:00 pm **Wellness Across All Lines**
Gillian Pieper and Primex³ Staff

If you think that wellness only impacts your health coverage, think again and don't miss this session! The fact of the matter is that wellness impacts not just health coverage, but worker's compensation and P&L coverage as well. Join us to learn that connection and the positive impact you can have to help make that connection possible.

- 12:00 - 1:00 pm **Luncheon and Awards**
- 1:00 - 2:30 pm **Wellness Beyond the Data:
Making Sense and Taking Action**
Gillian Pieper and Primex³ Staff

Sometimes wellness data can be overwhelming. Surveys, formulas, utilization, statistics and buzzwords can be dizzying and unproductive. But what if you were able to take wellness data and actually make it work for you?

This facilitated exercise will get you thinking about what you can do with wellness data in a clear, concise measurable and achievable way. You'll work with data based on how your organization is performing in the Primex³Health pool and will use that data to map out a wellness direction for your organization and achievable performance benchmarks. Here's your chance to roll up your sleeves and make the data come alive!

- 2:30 - 3:00 pm **Closing Comments / Evaluations**

Registration Information for October 22 & 23, 2008

The conference registration desk will open at 7:30 am on Wednesday, October 22nd. Upon entering the Resort signs will direct you to the registration area where you will be provided with your materials.

Registration is free for all sessions and meals to Primex³ members if the registration form is received on or before October 10th, 2008. For registrations received after October 10th, enclose \$15 per registrant. Please make checks payable to Primex³.

Please fill out the registration form completely. Use one registration form per person (photocopy as needed). Return the registration form and any applicable fees to Primex³, 46 Donovan Street, Concord, NH 03301 or fax to 603-228-0650. *You may also register online at www.nhprimex.org.*

Overnight accommodations are available for registered participants at the Mountain View Grand Resort. Rooms are available at the discounted conference rate of \$119 per night. See accommodation information below to book your room for the conference.

Conference Attire

Conference attire is casual for all sessions. If you wish to participate in any of the organized fitness activities, fitness clothing and appropriate shoes are recommended. As the temperature in conference rooms can be difficult to regulate, a light sweater or sweatshirt is recommended for your comfort.

Cancellation Policy

If you must cancel for any reason, please notify Primex³ by October 10th.

Special Accommodations

Primex³ complies with the provisions of the Americans with Disabilities Act (ADA) with regard to access to meeting sites and programs. If you require an accommodation for access and/or participation in this retreat, please call Vickie Stiger at 1-800-698-2364 x 184, or email at vstiger@nhprimex.org.

Directions

Visit the Mountain View Grand Resort website: www.mountainviewgrand.com/about_directions.asp

Wellness Retreat Registration Form

Name: _____ Title: _____

First Name Preferred on Name Tag: _____

Organization: _____ Phone: _____

Address: _____ E-mail: _____

City: _____ State: _____ Zip: _____

Please indicate if you will be attending the following:

Wednesday, October 22nd

- Lunch
- Additional Guest for Lunch (add \$15)
- Dinner & Evening Entertainment
- Additional Guest for Dinner (add \$30)

Please select dinner choice:

- Chicken Beef
- Fish

Guest choice (if attending):

- Chicken Beef
- Fish

Thursday, October 23rd

- Fitness Bands & Exercise Ball Class
- Luncheon
- Additional Guest for Lunch (add \$15)

Registration is free for all sessions and meals to Primex³ members if the registration form is received on or before **October 10th, 2008**. You may also register online at www.nhprimex.org.

Accommodation Information

Group rates are available for the Wellness Retreat by mentioning Primex³. Please call the resort directly at 1-800-438-3017 (toll free) or 1-603-837-2100 to book your room.



Get the
Latest
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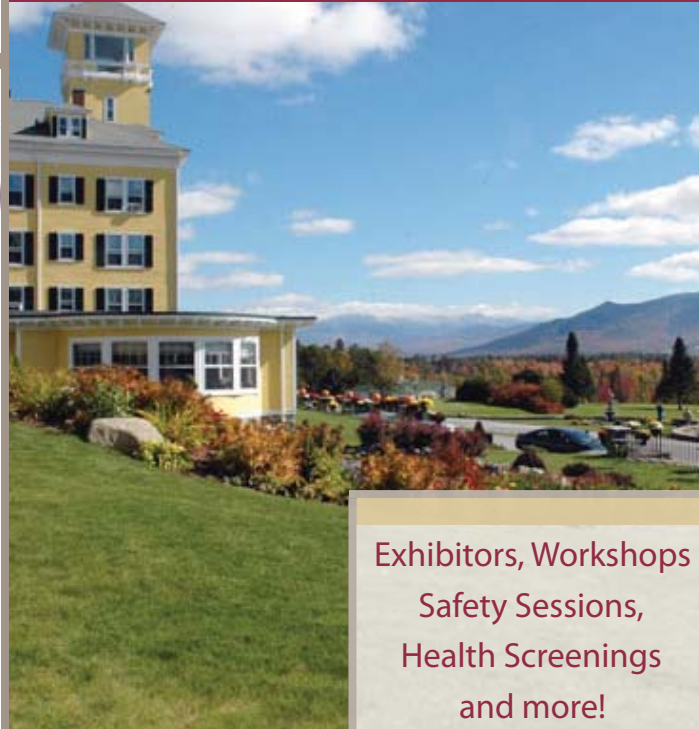
Thursday
6 am
Join us for a
Fitness Band
and Exercise
Ball Lesson
and Workout!

A Great
Way to
Start the
Day!

Primex³ Wellness Retreat

October 22-23, 2008

MOUNTAIN VIEW GRAND RESORT



Exhibitors, Workshops
Safety Sessions,
Health Screenings
and more!

Well-ness *noun*

Physical well-being,
especially when maintained
or achieved through good
diet and regular exercise.

*Primex³ is committed to
the health and well-being
of you and your employees.
We look forward to working
with you to help you structure
and organize your workplace
wellness programs.*

Primex³
NH Public Risk Management Exchange

Bow Brook Place
46 Donovan Street
Concord, NH 03301