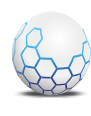


Active Lifestyle Tracking to Increase Health, Strength and Longevity - Boosting Work Productivity and Reducing Sick Leave



Domus Medica
Ljubljana, Slovenia, 9.4.–10.4.2015



Thursday April, 9th 2015

8:30 - 9:00 Registration

9:00 - 9:30 Welcome speeches

9:30 - 11:10 1st Session: Reasons for Active Prevention of Ill Health in Employees |
Chairs: M. Dodič Fikfak, S. Fakin

Metoda Dodič Fikfak, UKC Ljubljana;
Sick Leave and Presenteeism During Economic Crisis in Slovenia,
Case Presentation

Samo Fakin, Health Insurance Institute of Slovenia;
Financial Effects on Sick-Leave Prevention

Karmen Nahtigal, Novem Car Interior Design;
Introduction of Preventive Measures for the Formation of Bone and
Muscle Disorders in Workplaces of Manual Sanding and Polishing

Maria Wonisch, Steiermärkische Sparkasse;
2013 Best Workplace Health Practices for Employees with Chronic
Illnesses awarded by the European Network for Workplace Health Promotion

Q&A

11:10 - 11:30 Coffee Break

11:30 - 13:10 2nd Session: Aging workers | Chairs: A. Janež, R. Scales

Boštjan Salobir, UKC Ljubljana;
Health Aspect of Elderly Employees; Preventing Prefrailty and Frailty

Andrej Janež, UKC Ljubljana;
Diabetic Workers: Possible Interventions at the Workplace

**Robert Scales, Director of Cardiac Rehabilitation & Wellness,
Mayo Clinic-Arizona, Scottsdale, AZ;**
Exercise is Preventive Medicine: Adding Years to Life and Life to Years

Q&A

13:10 - 14:00 Lunch Break

14:00 - 15:40 3rd Session: Leadership and Human Resource Management |
Chairs: M. Tušak, P. Jimenez

Nataša Dernovšček Hafner, UKC Ljubljana;
Fit for Work at the University Medical Center Ljubljana

Matej Tušak, Faculty of Sports, UL;
Psychological view on absenteeism and possible interventions

Paul Jimenez, UNI Graz;
The Role of Leadership in Engagement at the Workplace

Stane Baša, RC IKTS;
Health Care Prevention at Workplace: Do Modern
Times Require an Automated Solution? See What's new: 24alife Corporate

Q&A

15:40 - 17:00 Healthy Happy Hour

Friday April, 10th 2015

8:30 - 9:00 Registration

9:00 - 10:55 4th Session: Tracking Health for Health Professionals |
Chairs: A. Ihan, S. Kopecky

Alojz Ihan, UL MF;
Presentation of the Pilot Study Results of the Medical Chamber of Slovenia

Zlatko Fras, UKC Ljubljana;
Biological and Psychological markers

Beth Riley, The Dan Abraham Healthy Living Center;
Mayo Clinic Approach to Employee Health and Wellness

Stephen Kopecky, Mayo Clinic Rochester MN;
The Four Pillars of Cardiovascular Disease Prevention

Q&A

10:55 - 11:10 Coffee Break

11:10 - 12:50 5th Session: Diabetic workers | Chairs: I. Štötl, J. Miles

Iztok Štötl, UKC Ljubljana;
Health Aspects of Diabetic Employees

John Miles, Mayo Clinic Rochester MN;
Treating Type 2 Diabetes with Cardiovascular Outcomes in Mind

Karmen Resnik, RC IKTS;
Diabetes Management: Do Modern Times Require a Novel Approach?
See What's New 24alife Personal – Diabetes.

Q&A

12:50 - 13:00 Break

13:00 - 14:40 6th Session: Tracking Life Style | Chairs: V. Strojnik, J. Sprung

Kaisa Wieneke, The Dan Abraham Healthy Living Center;
Expanding the Reach of Mayo Clinic Healthy Living Staff
through Worksite Wellness

Juraj Sprung, Mayo Clinic;
Anesthesia and Mild Cognitive Impairment

Vojko Strojnik, Faculty of Sports, UL;
Physical Activity of employees

Stane Baša, RC IKTS;
Tracking Lifestyle for Changes or Tracking Changes for Lifestyle?
See What's New 24alife Personal.

Q&A

14:40

Lunch

Draft Program:
(Symposium is held in English)

Scientific Committee: Prof. Alojz Ihan, M.D., Ph.D.; Prof. Vojko Strojnik, B.Sc., Ph.D.; Prof. Matej Tušak B.Sc., Ph.D.; Paul Jimenez, Ph.D.; Janez Uplaznik; Juraj Sprung, M.D.

CME/CPD Credit Points: 10 Credits

CPD in Occupational Health and Safety: 12 Credits

Registration: <http://domusmedica.si/dogodki/>

Registration Fee: Participation is free.

Lecturers: S. Baša (RC IKTS), N. Drnovšček Hafner (UKC Ljubljana, Slovenia), S. Fakin (Health Insurance Institute of Slovenia), M. Dodič Fikfak, (UKC Ljubljana, Slovenia), Z. Fras, (UKC Ljubljana, Slovenia), A. Ihan (Medical Faculty UL, Slovenia), A. Janež (UKC Ljubljana, Slovenia), P. Jimenez (University Graz, Austria), S. Kopecky (Mayo Clinic), J. Miles (Mayo, ZDA), K. Nahtigal, (Novem Car Interior Design), K. Resnik (RC IKTS), B. Riley (Mayo Clinic Dan Abraham Healthy Living Center), B. Salobir (UKC Ljubljana), R. Scales (Cardiac Rehabilitation & Wellness, Mayo Clinic), J. Sprung (Mayo, ZDA), V. Strojnik (Faculty of Sport UL, Slovenia), I. Štötl (UKC Ljubljana), M. Tušak (Faculty of Sport UL, Slovenia), M. Wonisch (Steiermärkische Sparkasse), K. Wieneke (Mayo Clinic Dan Abraham Healthy Living Center),

Organizing Committee: Alojz Ihan, Mojca Vrečar (e-mail: mojca.vrecar@zss-mcs.si), Alenka Ribič

Organizers: Medical Chamber of Slovenia (ZSS), RC IKTS Žalec.

