

he 2019 SIIA National Conference & Expo will be September 30th - October 2nd at the San Francisco Marriott Marquis. This is the world's largest self-insurance event, which most recently attracted nearly 2,000 registered attendees from throughout the United States and from several countries around the world.

Attendance is comprised of all segments within the self-insurance marketplace, including self-insured employers, third party administrators, captive managers/advisors, stop-loss insurance carriers/MGUs, brokers and key service providers.

The event blends a substantive education program, with more than 40 general and breakout sessions, a huge exhibit hall, and multiple organized networking opportunities. Taken collectively, this is a must attend event for anyone involved with self-insured group health plans, middle-market captive insurance companies, and self-insure workers' compensation programs, including group self-insured workers' compensation funds.

This year's general sessions include:

experts now argue just that.

Work, Laugh, Repeat: How Technology Contributes to a Funnier World

In a hilarious, multimedia-intensive presentation, renowned business humorist and award-winning Chicago Tribune humor columnist Greg Schwem, Business Humorist, Corporate Emcee, and Syndicated Humor Columnist will make audiences of all ages howl with laughter as he explores the complex relationship between technology and the changing role of humor in the workplace. Given that poor eating habits directly contribute to numerous health conditions (covered under self-insured health plans) and exasperate other conditions, which may be connected to workers' compensation claims, it makes sense for self-insured employers to pay close attention to this evolving dietary debate.

Vinnie Tortorich, Author, Fitness Confidential Host, Fitness Confidential Podcast is one the country's leading fitness experts and creator of a new documentary questioning mainstream dietary guidance. He will share his unique perspective and takes questions from the audience.

In short? The smart phone, the virtual meeting and other tech marvels have made for a funnier work environment. Complete with true, hilarious, tech-addled stories gleaned from over 20 years speaking for some of the world's most recognizable companies and business associations, Greg's keynote also tackles serious issues including generational differences and the rising fear of being able to laugh in the workplace.

Continuing Education credits will be available at SIIA's 2019 National Conference. The credits will include CEU for Adjusters and Agents (Producers), CLE for attorneys, and CPE for accountants. Please check www.siia.org often to see updates on approved states. You can enroll for CE Units when you register for the conference. There will be no cost for registered conference attendees.

The event will also include a huge exhibit hall with more than 130 companies showing off the latest products and services developed for self-insured employers and captive insurance companies, so this will be a true one-shop-stop for anyone in the market for new services providers/business partners.

Re-Thinking the Food Pyramid - Implications for Self-Insured **Employers**

For several decades the American public has been encouraged to follow dietary guidelines established by the federal government in the form of a "Food Pyramid" with a variation of this structure published more recently. But what if the government has gotten it wrong and the health of the American public has been put at undue risk? An increasing number of medical professionals and nutritional

Make sure you plan accordingly and stay for the end of conference party! For those who have attended previous SIIA national conference parties, you know these are not to be missed and San Francisco will not be an exception.

Detailed event information can be accessed on-line at www.siia.org, or by calling 800/851-7789. We look forward to seeing you in San Francisco! ■