Health Care Management Conference

April 20-21, 2026
Omni Austin Hotel Downtown
Austin, Texas

Practical Solutions for a **Shifting Health Landscape**

Sessions Include:

- Adapting to a Shifting Landscape
  - Federal Implications
  - State-Level Implications
- Weight-Loss Offerings—Balancing Cost and Results
- Fraud Prevention Initiatives—Protecting Plan Assets
- And more!

www.ifebp.org/healthcare

International Foundation
OF EMPLOYEE BENEFIT PLANS

Health Care Management Conference

April 20-21, 2026
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Practical Solutions for a Shifting Health Landscape

Health fund fiduciaries are on the front lines of a rapidly shifting health care environment. They are tasked with balancing the needs of participants and the sustainability of their funds. Fulfilling these duties in the face of new therapies, aging plan populations and double-digit annual cost increases requires stakeholders to be nimble.

This year's conference will take a proactive approach to coverage, allowing attendees to identify trends that are driving cost and impacting outcomes while adapting to the unknown. Conference sessions will be hands-on and practical, combining lectures, interactive case studies and roundtable discussions. Each session has formal learning objectives to clearly communicate outcomes. Attendees will have direct contact with peers and industry professionals to ensure that their needs are met.

Content Designed for Your Role

- Trustees of multiemployer trust funds of any size
- Third-party and salaried administrators and key staff
- Members of bargaining committees
- Fiduciaries, staff and trustees from governmental plans

Why You Need to Attend in 2026

If you're looking for a deep dive into timely topics, the **Health Care Management Conference** is the place for you!

1. Interactive Case Studies

This year's conference is reimagined to be interactive and encourage group participation to work through solutions to unique, industry-specific challenges.

2. Quality Networking

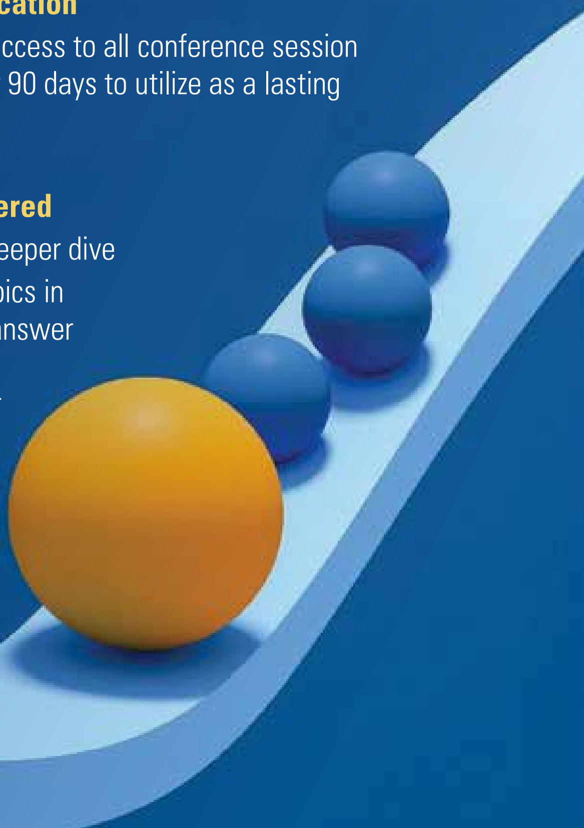
Attendees will have direct contact with and access to industry professionals and their peers to find solutions and make lasting connections.

3. Lasting Investment in Education

Attendees will walk away with access to all conference session presentations and takeaways for 90 days to utilize as a lasting postconference resource.

4. Get Your Questions Answered

The content is meant to take a deeper dive into health care management topics in an intimate setting designed to answer the questions and address the obstacles your fund faces in your day-to-day operations.



SESSIONS AT A GLANCE

MONDAY | April 20, 2026	
8:30-9:30 a.m.	Adapting to a Shifting Landscape—Federal Implications
9:45-10:45 a.m.	Adapting to a Shifting Landscape—State-Level Implications
11:00 a.m.-12:00 noon	Prescription Drug Pipeline—What's Coming Next?
1:00-2:00 p.m.	Weight-Loss Offerings—Balancing Cost and Results
2:15-3:15 p.m.	Mental Health and Substance Use Disorder Benefit Update
3:30-4:30 p.m.	Fraud Prevention Initiatives—Protecting Plan Assets
TUESDAY | April 21, 2026	
8:30-9:30 a.m.	Using Plan Data to Improve Outcomes
9:45-10:45 a.m.	Cost Containment—Who Are You Paying, and What Are You Paying For?
11:00 a.m.-12:00 noon	Navigating Health Claim Denials
1:00-2:00 p.m.	Hot Topics in Health—Speaker Debates
2:15-3:15 p.m.	Preventive Services—Accessing Vital Information
3:30-4:30 p.m.	Advancements in Care—Success Stories

(All times are listed in Central Standard Time.)

Register by **March 11** to save **US$300** with the early registration discount!

PROGRAM SCHEDULE

SUNDAY | April 19, 2026

4:00-6:00 p.m.

Registration/Information

MONDAY | April 20, 2026

7:30-8:30 a.m.

Registration/Information and Continental Breakfast

8:30-9:30 a.m.

Adapting to a Shifting Landscape—Federal Implications

Recent legal and legislative changes have left plan stakeholders in a state of uncertainty. Trustees and administrators must be prepared to adapt to ongoing changes in a tumultuous environment. This opening session will:

- Identify recent changes to government agencies (CMS, HHS, NSA and more)
- Interpret how these changes impact existing programs (the ACA, Medicare, Medicaid, COBRA and more)
- Review the impact on your plan and its participants
- Summarize compliance with rules and regulations
- Construct action steps for trustees, administrators and staff.

9:45-10:45 a.m.

Adapting to a Shifting Landscape—State-Level Implications

This follow-up session will identify changes occurring at the state level that could have implications for plan participants nationwide. Session details will be tailored to attendees' locations and aim to identify how these potential changes could impact plans and participants.

Speakers: **Rory Akers, J.D.**, Vice President, Senior ERISA Compliance Attorney, Associate Director, Lockton
Katy Gozalka, Ph.D., CEBS, CEO, Heartland Health and Wellness Fund

MONDAY | April 20, 2026 *(continued)*

11:00 a.m.-12:00 noon

Prescription Drug Pipeline—What's Coming Next?

The prescription drug landscape is characterized by unprecedented change. Plans continue to struggle to design affordable coverage that considers the rapid pace of new, high-cost entrants. This session will:

- Identify what's coming down the pipeline (gene therapies, oncology treatments, biosimilars, GLP-1s and more)
- Describe the impact of patent expansion
- Provide an overview of emerging cost-management strategies
- Discuss legal and legislative implications.

Speakers: **Hannan Allen**, Sr. Vice President Consultant Relations, Capital Rx
Hope Nakazato, VP Business Development, Capital Rx

12:00 noon-1:00 p.m.

Lunch

1:00-2:00 p.m.

Weight-Loss Offerings—Balancing Cost and Results

According to a recent study, 40% of U.S. adults are obese. What actions can stakeholders take to reduce this rate among their plan population? This session will pair the clinical perspective of these issues with a plan sponsor and will:

- Identify the root causes of obesity—How did we get here?
- Highlight the health impact of obesity (heart disease, diabetes, musculoskeletal issues and more)
- Discuss updates in preventive markets (diet, exercise, prescription therapies, bariatric coverage and more)
- Review the plan impact and appropriate action steps.

Speakers: **Michael Brady**, Administrator, Laborers' Local 157 Benefit Funds
Devon Arndt, Managing Director of Product Innovation, Evernorth

MONDAY | April 20, 2026 *(continued)*

2:15-3:15 p.m.

Mental Health and Substance Use Disorder Benefit Update

Proactive stakeholders are looking to evolve their efforts to better address the mental health and substance use disorder needs of their participants. How do plan sponsors design coverage that is both effective and affordable and has limited barriers to access? This session will:

- Provide a mental health level set, including identifying causes, symptoms, risk factors and preventive steps
- Describe the current provider landscape
- Classify psychedelic offerings (ketamine, LSD, MDMA, psilocybin and more)
- Identify plan design considerations
- Review where your plan participants can access appropriate resources.

Speaker: **Andrew Johnson**, Fund Administrator, Teamster Center Services Fund

3:30-4:30 p.m.

Fraud Prevention Initiatives—Protecting Plan Assets

According to United States Sentencing Commission, health care fraud offenses have increased about 20% since 2020. The median loss of these offenses was over $2.5 million. It is essential for health plan fiduciaries to recognize these threats and take proactive steps to prevent them. This session will:

- Highlight your fiduciary obligations
- Identify the most common sources of health plan fraud
- Summarize new cybersecurity trends, including common threats, prevention steps and postbreach action steps
- Identify tools to protect your plan assets.

Speakers: **Andrew Poulos**, Assistant Director, Fraud and Abuse, 1199SEIU Benefit and Pension Funds
Paul Catenacci, Esq., Partner, Novara Law Group PLLC

4:30-5:30 p.m.

Welcome Reception

Refreshments and light hors d'oeuvres will be served. Guests are welcome.

TUESDAY | April 21, 2026

7:30-8:30 a.m.

Registration/Information and Continental Breakfast

8:30-9:30 a.m.

Using Plan Data to Improve Outcomes

Health plan stakeholders have access to an extensive amount of plan data. Plans are increasingly dedicating time and money to identify trends, and they are finding value in the process. How can fiduciaries utilize this data to better design their plans and drive informed health decisions? This session will:

- Discuss whether plan metrics are improving
- Highlight new metrics that should be tracked
- Review methods for requesting data from your professionals
- Identify how to find data patterns among your membership
- Summarize action steps based on your findings.

Speakers: **Eric Miller, FSA, CERA, MAAA**, Vice President and Consulting Actuary, Segal
Sarah Gunderson, M.S.H.I., RN, NI-BC, Vice President, Clinical Consulting, Segal

TUESDAY | April 21, 2026 *(continued)*

9:45-10:45 a.m.

Cost Containment—Who Are You Paying, and What Are You Paying For?

Health plan fiduciaries have the legal obligation to monitor service providers and pay reasonable expenses for services. This can become increasingly difficult in a rapidly evolving provider landscape. This session will aim to:

- Illustrate steps to demystify your health plan spend
- Summarize the provider landscape update—Who are your professionals?
- Identify your fiduciary duties
- Review best practices in fulfilling your fiduciary duties.

Speakers: **Lee Centrone**, Senior Vice President, BeneSys, Inc.
Travis Smith, President, Health and Welfare, Foster & Foster Consulting Actuaries, Inc.

11:00 a.m.-12:00 noon

Navigating Health Claim Denials

A recent study noted that about one in five in-network health care claims is denied. This interactive session will allow participants to ask questions about the approval process and work through case study examples. This session will:

- Describe the key reason that claims are denied
- Highlight when claims should and should not be denied
- Identify the steps involved in the appeals process
- Explore the legal ramifications of a claim denial
- Illustrate the importance of an advocate in the fund office.

Speaker: **Margaret Lemkin, Ph.D.**, President, Health Benefit Strategies, LLC

TUESDAY | April 21, 2026 *(continued)*

12:00 noon-1:00 p.m.

Lunch

1:00-2:00 p.m.

Hot Topics in Health—Speaker Debates

A panel of experts will discuss a number of emerging trends in the health space and debate their merits. Attendees will have the opportunity to vote on which topics will be discussed. Potential topics include:

- The use of artificial intelligence in health plans
- Coverage for weight-loss drugs, bariatric care and more
- Coverage for psychedelic treatments.

Panel: **Margaret Lemkin, Ph.D.**, President, Health Benefit Strategies, LLC
Lee Centrone, Senior Vice President, BeneSys, Inc.
Sarah Gunderson, M.S.H.I., RN, NI-BC, Vice President, Clinical Consulting, Segal
Travis Smith, President, Health and Welfare, Foster & Foster Consulting Actuaries, Inc.

TUESDAY | April 21, 2026 *(continued)*

2:15-3:15 p.m.

Preventive Services—Accessing Vital Information

Recent estimates have stated that as many as half of premature deaths are preventable, driven by behavioral factors such as physical inactivity, poor diet and tobacco use. This makes quality, well-researched information on preventive services an imperative part of your plan communication efforts. This wide-ranging session will:

- Highlight the importance of disease management initiatives
- Discuss women's health initiatives in the preventive space
- Review lessons from the international health community
- Identify the importance of participant education and advocacy
- Examine methods for steering your participants to appropriate resources
- Explain effective communication initiatives for your participants.

Speakers: **Erin Seaverson, MPH**, Senior Director for the Center of Research, WebMD Health Services
Christine Muldoon, M.B.A., Senior Vice President of Marketing and Strategy, WebMD Health Services

3:30-4:30 p.m.

Advancements in Care—Success Stories

Health headlines overwhelmingly focus on negative trends, citing increasing costs and decreasing levels of quality. However, recent industry advancements have taken steps to reverse this slide. This finale session will:

- Examine the evolution of common conditions
- Identify changes in participant engagement levels
- Review scientific advancements (gene therapies, vaccines and more)
- Review technological advancements (self-service patient portals, wearable technology, 3D printing and more)
- Discuss potential success stories on the horizon
- Highlight the impact on plans and participants.

Speaker: **Tyler Amell, Ph.D., M.Sc., B.Sc.**, Chief Health and Strategy Officer, MediKeeper Inc., Adjunct Faculty, Pacific Coast University for Workplace Health Sciences

Hotel Information

Omni Austin Hotel Downtown
Austin, Texas

Reservation Deadline: March 23, 2026

Rates: US$299.00 single/double occupancy (Additional US$20/person per night for a third and/or fourth guest)

Hotel Accommodations:

Resort Fees: US$12/night (reduced from US$22/night)

Hotel Cancellation Policy: Hotel deposit forfeited for reservations canceled within 72 hours prior to arrival.

For additional hotel information, visit our Hotel/Travel tab at www.ifebp.org/healthcare.

**Note: Hotel room availability is not guaranteed outside of scheduled program dates.*

Hotel Details

Renewed in midcentury style, this downtown Austin hotel offers vibrant color and playful details from the lobby to your guest room. Walk to the Austin Convention Center or the Texas State Capitol for business. Just blocks away, dive into Austin's nightlife and hear live music in entertainment hotspots including Sixth Street, Rainey Street and the Red River Cultural District. There's no better place to experience the energy of the Texas capital than from the Omni Austin Hotel Downtown.

Location Details

One of the fastest growing cities in the United States, Austin is an exciting place to be, with multinational tech companies setting up shop here. Austin is also home to some of the most well-known live music festivals, such as South by Southwest and Austin City Limits. Most importantly, Austin provides a food and drink experience unmatched by many cities in the U.S.—from food truck tacos to BBQ brisket joints and local craft breweries. Stroll down Sixth Street and experience the best in Austin nightlife.

Sponsorship Opportunities

Sponsorships are now available to organizations that market to health and wellness benefits decision makers. This conference provides a perfect opportunity to increase your brand exposure while you network with trustees of multiemployer trust funds and governmental plans, administrators, key staff and fiduciaries.

Sponsorship Levels

Gold | *Attendee Lunch*
Conference App
Lanyards SOLD Segal
Welcome Reception
Spotlight Sponsorship

Sponsors receive one complimentary registration.

Silver | *Continental Breakfast*
Refreshment Break FOSTER & FOSTER ACTUARIES AND CONSULTANTS
Design Your Own Wellness Sponsorship (a fitness activity or provide a healthy snack)
Pens/Highlighters
Notepads
Hand Sanitizers
Sponsor-Provided Item

Sponsors receive one conference registration at 50% off.

Sponsorships at each level are recognized in a variety of ways, including on the conference web page and in preconference promotions, on conference signage and table tent cards at the sponsored event, with a company listing on the conference app, with **complimentary or discounted conference registrations, and more!**

Contact us today! Julie Ichiba | (262) 373-7674 | jichiba@ifebp.org

Learn more at www.ifebp.org/sponsorships.

Investments Institute

If you serve on both a health fund and pension fund, you need comprehensive education to best fulfill all your responsibilities. Register to attend the Health Care Management Conference and Investments Institute in one trip and save US$500 on your registration at checkout.

Wednesday, April 22-Thursday, April 23, 2026

Omni Austin Hotel Downtown | Austin, Texas

The year ahead is poised to bring meaningful changes for institutional investors. Market uncertainty remains a dominant theme, shaped by inflation, liquidity concerns, geopolitical risk and a rapidly evolving global economy. As a fiduciary, your role is not just to understand these shifts but to position your funds to benefit from them while protecting and enhancing returns for your plan members.

The Investments Institute delivers relevant sessions and insights, led by industry experts. You'll gain the knowledge, strategies and confidence needed to navigate the challenges ahead and ensure your fund's long-term success.

Benefits of Attending

- Learn from highly regarded experts in the field of investing.
- Network with peers who are facing similar challenges.
- Hear current perspectives on the global economy.
- Discuss your fund's strategies with peers from other benefit plans.
- Take advantage of the intimate learning environment and get your specific questions answered.

Who Should Attend

The Investments Institute is designed for experienced individuals involved in setting investment policy for both defined benefit and defined contribution retirement plans, including:

- Trustees
- Administrators and staff
- Corporate officers and executives
- Finance personnel.

Register today at www.ifebp.org/investments.

ATTEND BOTH PROGRAMS AND SAVE US$500!

REGISTRATION

Register today at **www.ifebp.org/healthcare.**

CONFERENCE REGISTRATION FEES

Through March 11, 2026	Member: US$1,795 | Nonmember: US$2,015
After March 11, 2026	Member: US$2,095 | Nonmember: US$2,315

Save US$300 when you register before March 11!

POLICIES

Cancel and transfer fees are based on registration fee paid: 60+ days of meeting is 10%; 31-59 days of meeting is 25%; within 30 days of meeting is 50%. Registration fee is forfeited once program commences. For details and the current policy, see www.ifebp.org/policies.

CONTINUING EDUCATION CREDIT

Continuing education (CE) credit for professions and designations MAY be available for attendance at live sessions. You must register for the program and request CE credit at least 60 days prior to the beginning of the program so that the Foundation can seek preapproval from the governing agency.

Note: Requests made for CE credit do not guarantee administration of credit. For further information on CE credit, please call (262) 786-6710, option 2.

CEBS COMPLIANCE APPROVED

Educational sessions at this program can qualify for self-reported CEBS® Compliance credit. Visit www.cebs.org/compliance for additional information.

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Visit www.ifebp.org/healthcare to register.

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International Foundation OF EMPLOYEE BENEFIT PLANS®

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