

Jessica J. Grossmeier, PhD, MPH

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PROFESSIONAL EXPERIENCE

Jessica Grossmeier Consulting

Jan. 2019 – Present CEO

Health Enhancement Research Organization

Aug. 2014 – Dec. 2020 Vice President, Research

Verity Analytics

Jan. 2015 – Dec. 2017 CEO

StayWell Health Management

May 2012 – June 2014 Vice President, Research
Nov. 2007 – April 2012 Director, Research
Nov. 2006 – Oct. 2007 Senior Research Manager
Sept. 2005 – Oct. 2006 Research Manager
Aug. 2004 – Aug. 2005 Senior Research Associate
July 2001 – July 2004 Research Associate

University of Phoenix, College of Health and Human Sciences

June 2004 – Aug. 2005 Online Faculty

University of Minnesota, School of Public Health

Jan. 2000 – Aug. 2001 Research Assistant
Sept. 1999 – Dec. 1999 Teacher's Assistant

Splett and Associates

Summer 2000 Evaluation internship

Park Nicollet HealthSource

Jan. 1998 – Aug. 1999 Project Coordinator, 3M Companies
Nov. 1996 – Dec. 1997 Project Specialist, 3M Companies
Feb. 1995 – June 1997 Fitness Specialist, UAW-Ford Twin Cities Assembly Plant Wellness Center
Sept. 1994 – Dec. 1994 Worksite Health Promotion Internship

EDUCATION

Ph.D., Public Health, Walden University, Minneapolis, MN
Master of Public Health, Community Health, University of Minnesota, Minneapolis, MN
Bachelor of Science, Physical Education, University of Wisconsin, Eau Claire, WI

PROFESSIONAL AWARDS AND HONORS

2023 - Most Influential Women Leaders in Health Promotion, [American Journal of Health Promotion](#)

2022 – Mark Dundon Research Award, [Health Enhancement Research Organization](#)

2020 – Editor's Picks Papers of the Year, [American Journal of Health Promotion](#)

PROFESSIONAL ASSOCIATIONS, BOARDS, AND COMMITTEES

Current

- Global Wellness Institute Workplace Wellbeing Institute, 2022 to present
- Google Vitality Lab (Think Tank), 2019 to 2022
- Global Women 4 Wellbeing, Advisory Board, 2016 to present
- Wellbeing Think Tank, Advisory Board, 2023 to present

Past

- The Health Project, Board of Directors, 2018 to 2022
- Everside (formerly Healthstat) Strategic Advisory Board, 2019 to 2022
- City Health Works, Expert Advisory Board Member, 2012 to 2015
- Health Enhancement Research Organization (HERO)
 - HERO Best Practices Scorecard Committee, 2007 to 2014
 - Vice-Chair, Research Studies Sub-committee, 2010 to 2014
- International Association of Worksite Health Promotion, Member, 2016
- National Association for Professional Women, Member, Jan 2015 to June 2016
- National Business Group on Health (NBGH)
 - Institute for Workforce Wellbeing Board Member, Feb. 2012 to June 2014
- Population Health Alliance (PHA), formerly Care Continuum Alliance (CCA), Data Advisory Board, 2010-2012
- National Wellness Institute, Member, 2016, 2019
- Northland-American College of Sports Medicine, Worksite Health Promotion, 2007
 - Membership Committee Co-chair, 2007
- Institute for Health and Productivity Management
 - Advisory Board Member, 2005-2007
- University of Minnesota
 - Advisory Board Member 2004-2005
 - School of Public Health Mentorship Program Mentor, 2003-2005
- Minnesota Evaluators Association
 - Professional Meeting Coordinator, 2004
- Minnesota Association for Worksite Health Promotion
 - State Conference Chair, 2000
 - Advisory Board Member, 1998-2000
- American Heart Association
 - Heart At Work Conference Co-Chair, 1999
- Society for Public Health Education/Association for Worksite Health Promotion
 - Conference Co-Chair, 1998
- Stanford LeadWell (formerly Stanford Health Promotion Network), Member 2016-2019
- Wellness Councils of America, Faculty, Member 2015 to 2017, 2019
- Women Business Leaders of the U.S. Health Care Industry Foundation (WBL), Foundation Associate, 2012-2016

Industry Awards Judge

- C. Everett Koop Award (The Health Project), 2018 to 2022
- Healthiest Employers National Wellness Award, 2017
- WELCOA DISH Award for Top Health Promotion Professionals, 2017; 2019
- Minnesota Society for Human Resources Managers Well-being Award, 2015
- St. Louis Area Business Health Coalition, Business Health Culture Award, 2014; 2015
- Population Health Alliance, Outstanding Leader in Population Health Management Award, 2014

PUBLICATIONS

Grossmeier J. How to maximize employee motivation for healthy living. *Benefits Magazine* November 9, 2022. <https://www.ifebp.org/Resources/magazines/benefits-magazine/Pages/default.aspx>

Grossmeier J. How to create a culture of connection and belonging without breaking the bank: Increase employee engagement by fostering stronger employee connections. *HR.com* June 13, 2022. https://www.hr.com/en/magazines/all_articles/how-to-create-a-culture-of-connection-and-belongin_l4ck16ym.html?s=tgiSFePOAyqQM4jxv

Grossmeier J. How to create a culture of purpose and connection at work: Let's get to what matters for employee well-being. *HR News*. July 2022. <https://www.ipma-hr.org/stay-informed/hr-news-issues/hr-news-article/how-to-create-a-culture-of-purpose-and-connection-at-work>

Grossmeier J, Mangen DJ, Anderson DR, Gingerich SB, Mitchell RJ, Imboden MT, Kaplan GD, Gascon GM, Serxner SA, Bodak T. Influence of incentive design and organizational characteristics on wellness participation and health outcomes. *Journal of Occupational and Environmental Medicine*. 2020;62(10):874-882.

Grossmeier J, Castle PH, Pitts JS, Saringer C, Jenkins KR, Imboden MT, Mangen DJ, Johnson SS, Noeldner SP, Mason ST. Workplace well-being factors that predict employee participation, health and medical cost impact, and perceived support. *American Journal of Health Promotion*. 2020;34(4):349-358.

Grossmeier J. Packing a punch: Proven well-being strategies. *Benefits Magazine*. 2020;57(6):40-44.

Grossmeier J. A dashboard approach to demonstrating value. *American Journal of Health Promotion*. 2020;34(4):447-448.

Grossmeier J, Serxner SA, Montalvo T, Balfanz DR, Imboden MT, Goetzel RZ, Schweppe D. Guidance on development of employer value dashboards. *American Journal of Health Promotion*. 2020;34(4):448-451.

Grossmeier J. Updated employer tools identify practices associated with population health outcomes. *American Journal of Health Promotion*. 2020;34(3):316-317.

Rosenbaum R, **Grossmeier J,** Imboden M, Noeldner S. The HERO Health and Well-Being Best Practices Scorecard in Collaboration with Mercer (HERO Scorecard). *American Journal of Health Promotion*. 2020;34(3):321-323.

Blacker A, Dion S, **Grossmeier J,** Hecht R, Markle E, Meyer L, Monley S, Sherman B, VanderHorst N, Wolfe E. Social determinants of health: An employer priority. *American Journal of Health Promotion*. 2020;34(2):207-215.

Grossmeier J, Johnson SS. Factors driving exemplary workplace health and well-being initiatives. *American Journal of Health Promotion*. 2020;34(1):105-106.

Johnson SS, **Grossmeier J.** Closing commentary: Lessons learned from bright spots. *American Journal of Health Promotion*. 2020;34(1): 117-118.

Imboden M, Castle PH, Johnson SS, Rahrig-Jenkins K, Pitts JS, **Grossmeier J**, Mangen DJ, Mason S, Noeldner SP. Development and validity of a workplace health promotion best practices assessment. *Journal of Occupational and Environmental Medicine*. 2020;62(1):18-24.

Grossmeier J. Editor's Desk: The why and how of addressing employee happiness. *American Journal of Health Promotion*. 2019;33(8): 1209-1210.

Grossmeier J, Johnson S, Fisher L, Purpur de Vries P, Sexton K. Driving results through organizational and leadership support. *HERO Forum19 Conference Proceedings*. 2019; 40-41. Available at <https://hero-health.org/resources/all-resources/>

Grossmeier J, Noeldner S. Organizational and leadership support are key drivers of wellness program outcomes. *Media Planet's Future of Business and Tech*. September 2019. Available at: <https://www.futureofbusinessandtech.com/employee-benefits/organizational-and-leadership-support-are-key-drivers-of-wellness-program-outcomes/>

Grossmeier J. Editor's Desk: Addressing spiritual well-being in the workplace. *American Journal of Health Promotion*. 2019;33(7): 1081-1082.

Ablah E, Lemon SC, Pronk NP, Wojcik JR, Mukhtar Q, **Grossmeier J**, Pollack KM, Whitsel LP. Opportunities for employers to support physical activity through policy. *Preventing Chronic Disease*. 2019;16(E84): 1-4.

Grossmeier J. Editor's Desk: The global health issue. *American Journal of Health Promotion*. 2019; 33(4):620.

Grossmeier J. Editor's Desk: The storytelling issue. *American Journal of Health Promotion*. 2019; 33(3):468.

Whitsel LP, Arena R, Kaminsky LA, Berrigan D, Katzmarzyk PT, Calitz C, **Grossmeier J**, Pshock J, Lobelo F, Pronk N. Assessing physical activity, sedentary behavior, and cardiorespiratory fitness in worksite health promotion. *American Journal of Health Promotion*. 2019; 33(2): 318-326.

Ablah E, Lemon SC, Pronk NP, Wojcik JR, Walker A, **Grossmeier J**, Pollack KM, Whitsel LP. Worksite policies for promoting physical activity. *American Journal of Health Promotion*. 2019; 33(2): 314-315.

Grossmeier J. Drive outcomes with a best practice approach to strategy, culture, and program evaluation. *HERO Forum18 Conference Proceedings*. 2018; pages 39-41. Available at: <https://hero-health.org/wp-content/uploads/2018/11/HERO-FORUM18-Proceedings.pdf>

Grossmeier J. The subcultures issue. *American Journal of Health Promotion*. 2018;32(8):1814.

Flynn J, **Grossmeier J**. The relationship between workplace culture and employee health. *Media Planet Future of Business and Tech*. September 2018. Available at: <https://bit.ly/2NEXJv7>

Grossmeier J. The built environment issue. *American Journal of Health Promotion*. 2018;32(6):1459.

Flynn JP, Gascon G, Doyle S, Matson Koffman DM, Saringer C, **Grossmeier J**, Tivnan V, Terry P. Supporting a culture of health in the workplace: A review of evidence-based elements. *American Journal of Health Promotion*. 2018: Doi: 10.1177/0890117118761887.

Grossmeier J. Closing commentary: How can workplace health promotion practitioners work more closely with corporate sustainability professionals? *American Journal of Health Promotion*. 2018;32(4):1155-1156.

Grossmeier J. The sustainability issue. *American Journal of Health Promotion*. 2018;32(4):1145.

Grossmeier J. Healthy worksite culture revisited. *American Journal of Health Promotion*. 2017;31(6):515.

Grossmeier J. New measures for new directions. *American Journal of Health Promotion*. 2017;31(5):444.

Grossmeier J, Sexton K. Expert interview: Engaging stakeholders to develop the Care for People Index for Shell Oil Company. *American Journal of Health Promotion*. 2017;31(5):455-456.

Grossmeier J, Phalen C. How BP found success with wearables. *Employee Benefit News*. August 24, 2017. Available at: <https://www.benefitnews.com/opinion/how-bp-found-success-with-wearables>

Grossmeier J, Stauffer M. How Emory University launched its successful wearable wellness initiative. *Employee Benefit Advisor*. August 4, 2017. Available at: <https://www.employeebenefitadviser.com/opinion/pilot-program-helps-emory-launch-successful-wearable-initiative?brief=00000152-146e-d1cc-a5fa-7cff8fee0000>

Grossmeier J. Six promising wearables tips for wellness programs. *Benefits PRO*. July 31, 2017. Available at: <http://www.benefitspro.com/2017/07/31/6-promising-wearables-tips-for-wellness-programs?slreturn=1502122956>

Grossmeier J, Barleen N, Freeman S, Forbes Oste H. Expert interviews: The next frontier in meaningful use of wearables. *American Journal of Health Promotion*. 2017;31(3).

Grossmeier J, Bastable J, Nelkovski L, Swayze P, Tangen T. Promising practices from pioneering employers: Case studies demonstrate effective use of wearables as part of a broader health and well-being initiative. *American Journal of Health Promotion*. 2017;31(3).

Grossmeier J, Bastable J, Swayze P. Seeking value: Meaningful use of wearables as part of employer-sponsored health and well-being initiatives. *American Journal of Health Promotion*. 2017;31(3).

Grossmeier J. The wearables in wellness issue. *American Journal of Health Promotion*. 2017;31(3).

Grossmeier J. From return on investment to value on investment of workplace health promotion programs. *American Journal of Health Promotion*. 2016; 30(7):574-575.

Grossmeier J. 6 ways putting health first helps businesses climb higher. *Future of Business and Tech-Media Planet*. September 2016.

Grossmeier J, Fabius R, Flynn JP, Noeldner SP, Fabius D, Goetzel RZ, Anderson DR. Linking workplace health promotion best practices and organizational financial performance: Tracking market performance of companies with highest scores on the HERO Scorecard. *Journal of Occupational and Environmental Medicine*. 2016;58(1):16-23.

Grossmeier J. Communicating the value of your wellness program. *WELCOA Expert Interview*. December 2015.

Grossmeier J. Evaluating wellness programs: Measuring the right things. *Benefits Magazine*. 2015;52(9):38-42.

Grossmeier J. Productivity and performance. In: HERO-PHA Program Measurement and Evaluation Guide: Core Metrics for Employee Health Management [chapter 7]. 2015;56-63.

Damsker M, Connor, M, Framer EM, Umland B, Anderson D, Alexander G, Brennan M, Flynn J, **Grossmeier J**, Hamlin B, Juster IA, Kaplan G, Long A, Nelson CF, Palma-Davis L, Palmer R, Srivastava P, Veroff D, Noyce J, Moseley K. Introduction. In: HERO-PHA Program Measurement and Evaluation Guide: Core Metrics for Employee Health Management [chapter 1]. 2015;5-10.

Grossmeier J, Hudsmith N. Exploring the Value Proposition for Workforce Health: Business Leader Attitudes About the Role of Health as a Driver of Productivity and Performance. *American Journal of Health Promotion*. 2015;29(6):TAHP2-TAHP5.

Niebuhr S, **Grossmeier J**. Is It Time for a Broader Approach? Recasting the Value of “Employee Health” with a Focus on Workforce Capability. *American Journal of Health Promotion*. 2015;29(6):TAHP6-TAHP9.

Flynn J, **Grossmeier J**. Key requirement for the future: Broadening our perspective. *American Journal of Health Promotion*. 2015;29(6):TAHP10-TAHP12.

Bastable J, **Grossmeier J**. Could Wearables Be the Answer? More Than Half of Employees Using Wearable Devices Stick with their Wellness Programs. *Leaders Edge*. June 2015:13-14.

Grossmeier J, Hudsmith N. Get the Boss on Board for Better Employee Health. *Healthcare Consumerism Solutions*. June 2015;41-42. Available at: http://www.theihcc.com/en/communities/population_health_and_wellness/get-the-boss-on-board-for-better-employee-health_iaef9jca.html

Grossmeier J, Mangen DJ, Terry PE, Haglund-Howieson L. Health risk change as a predictor of productivity change. *Journal of Occupational and Environmental Medicine*. 2015;57(4):347-354.

Whitsel LP, Benowitz N, Bhatnagar A, et al. Guidance to employers on integrating e-cigarettes/electronic nicotine delivery systems into tobacco worksite policy. *Journal of Occupational and Environmental Medicine*. 2015;57(3):334-343.

Grossmeier J, Terry PE, Anderson DR. Broadening the metrics used to evaluate corporate wellness programs: The case for understanding the value of investment [book chapter]. In: R. Burke and A. Richardsen. *Corporate Wellness Programs*. Edward Elgar Publishing Ltd: Northampton, MA Available at: <http://www.elgaronline.com/view/9781783471690.xml>

Goetzel RZ, Henke RM, Tabrizi M, Pelletier KR, Loeppke R, Ballard DW, **Grossmeier J**, Anderson DR, Yach D, Kelly RK, McCalister T, Serxner S, Selecky C, Shallenberger LG, Fries JF, Baase C, Isaac F, Crighton KA, Wald P, Shurney D. Do workplace health promotion (wellness) programs work? *Journal of Occupational and Environmental Medicine*. 2014; 56(9):927-934.

Grossmeier J and Terry PE. The measurement conundrum. *American Journal of Health Promotion*. 2014; 29(1):TAHP10-TAHP12.

Connor M, Framer EM, Umland B, Anderson D, Alexander G, Brennan M, Flynn J, **Grossmeier J**, Hamlin B, Juster IA, Kaplan GD, Long A, Nelson CF, Palma-Davis L, Palmer R, Srivastava P, Veroff D, Noyce J, Moseley K, Damsker M. Program measurement and evaluation guide: Core metrics for employee health management. *American Journal of Health Promotion*. 2014; 28(4):TAHP2-TAHP10.

Grossmeier J. HERO Scorecard: Wellness champion networks associated with higher participation rates and behavior change. *HERO on Health* [newsletter]. February 2014, p 4.

Goetzel R, Henke RM, Benevent R, Tabrizi M, Kent K, Smith K, Chung RE, **Grossmeier J**, Mason S, Gold D, Noeldner S, Anderson DR. The predictive validity of the HERO Scorecard in determining future healthcare cost and risk trends. *Journal of Occupational and Environmental Medicine*. 2014; 56(2):136-144.

Grossmeier J, Seaverson ELD, Mangen DJ, Wright S, Dalal K, Phalen C, Gold DB. Impact of a comprehensive population health management program on health care costs. *Journal of Occupational and Environmental Medicine*. 2013; 55(6):634-643.

Grossmeier J, Flynn JP, Noeldner SP, Gold D. The Health Enhancement Research Organization (HERO) Scorecard. *American Journal of Health Promotion*. 2013; 27(5):TAHP4-TAHP5.

Terry PE, **Grossmeier J**, Mangen DJ, Gingerich SB. Analyzing best practices in employee health management: How age, gender and program components relate to employee engagement and health outcomes. *Journal of Occupational and Environmental Medicine*. 2013; 55(4):378-392.

Grossmeier J. The Influence of worksite and employee variables on employee engagement in telephonic health coaching programs: A retrospective multivariate analysis. *American Journal of Health Promotion.* 2013;27(3):e69.

Grossmeier J, Dalal K. Energy company generates better health for employees. *IAWHP's Worksite Health International.* 2013; 4(1):3-5.

Merrill RM, Aldana SG, Pope JE, Anderson DR, Coberley CR, **Grossmeier J,** Whitmer RW. Self-rated job performance and absenteeism according to employee engagement, health behaviors, and physical health. *Journal of Occupational and Environmental Medicine.* 2013;55(1):10-18.

Nyce S, **Grossmeier J,** Anderson DR, Terry PE, Kelly B. Health care costs associated with health risk migration. *Journal of Occupational and Environmental Medicine.* 2012;54(11):1364-1373.

Grossmeier J. Understanding employer use of biometric health screening services. *2012 HERO on Health.* May 2012. Available at www.the-hero.org.

Grossmeier J, Terry PE, Anderson DR, Wright S. Financial impact of population health management programs: Reevaluating the literature. *Population Health Management.* 2012; 15(3):129-134.

Grossmeier J. Understanding employer use of biometric health screening services. HERO Scorecard Annual Report 2012. Edina, MN: Health Enhancement Research Organization. Available at www.the-hero.org

Terry PE, Seaverson ELD, **Grossmeier J,** Anderson DR. Effectiveness of a worksite telephone-based weight management program. *American Journal of Health Promotion.* 2011;25(3), 186-189.

Grossmeier J, Terry PE, Cipriotti A, Burtaine JE. Best practices in evaluating worksite health promotion programs. *American Journal of Health Promotion.* 2010;24(3), TAHP 1-9,iii.

Seaverson ELD, **Grossmeier J,** Miller TM, Anderson DR. The role of incentive design, communications strategy, and worksite culture on health assessment participation. *American Journal of Health Promotion.* 2009;23(5), 343-352.

Grossmeier J, Palma-Davis L, Sabin M, Crighton KA. Benchmarking and best practices in worksite health promotion (Chapter 12). In: Pronk NP (ED). *ACSM's Worksite Health Handbook: A Guide to Building Healthy and Productive Companies,* 2nd Ed. 2009; Champaign, IL: Human Kinetics Press.

Riedel JE, **Grossmeier J,** Haglund-Howieson L, Buraglio C, Anderson DR, Terry PE. Use of a normal impairment factor to gauge avoidable productivity loss due to poor health. *Journal of Occupational and Environmental Medicine.* 2009;51(3):283-295.

Anderson DR, **Grossmeier J,** Seaverson ELD, Snyder D. The role of financial incentives in driving employee engagement in health management. *ACSM Health & Fitness Journal.* 2008;12(4):18-22.

Terry P, Seaverson ELD, **Grossmeier J,** Anderson DR. Association between nine quality components and superior worksite health management program results. *Journal of Occupational and Environmental Medicine.* 2008;50(6): 633-641.

Eischen B, Gold D, **Grossmeier J.** Fairview Alive – An integrated strategy for enhancing the health and well-being of employees. *Journal of Workplace Behavioral Health.* 2005;20:263-279.

Hickle A, Forster J, Lazovich D, Allwood P, Remba N, **Grossmeier J,** Sorensen G. Sanitarians' work with indoor-tanning businesses: Findings from interviews in two major metropolitan areas. *Journal of Environmental Health.* 2005;67(8):30-36,54.

Gold D. and **Grossmeier J.** Using an HRA as an evaluation tool. *Wellness Management.* 2005;20(3): 1-5.

Grossmeier J. Evaluation skills for wellness professionals, Part 4: Evaluating and reporting survey results. *Wellness Management.* 2005;20(3):5-9.

Grossmeier J. Evaluation skills for wellness professionals, Part 3: Getting good response rates. *Wellness Management*. 2004;20(2):1-3.

Grossmeier J. Evaluation skills for wellness professionals, Part 2: Writing effective surveys. *Wellness Management*. 2004;20(1):1-3.

Serxner SA, Gold DB, **Grossmeier J**, Anderson DR. The relationship between health promotion program participation and medical expense: A dose response. *Journal of Occupational and Environmental Medicine*. 2003;45(11):1196-1200.

Grossmeier J. Evaluation skills for wellness professionals, Part 1: Choosing an evaluation method. *Wellness Management*. 2003;19(4):10-12.

Grossmeier J, Serxner SA. Impact of a mail-based intervention on individuals diagnosed with chronic conditions [abstract]. *American Journal of Health Promotion*. 2002;16(6):363.

BLOG POSTS

Grossmeier J. *Let's elevate change by taking a more holistic approach to workforce well-being.* July 5, 2023. Available at: <https://www.welcoa.org/blog/lets-elevate-change-by-taking-a-more-holistic-approach-to-workforce-well-being/>

Grossmeier J. *Cultivating happiness through purpose.* Psychology Today Blog. November 2, 2022. Available at: <https://www.psychologytoday.com/us/blog/nourished-journey/202211/cultivating-happiness-through-purpose>

Grossmeier J. *Cultivate joy through meditative moments.* Psychology Today Blog. September 30, 2022. Available at: <https://www.psychologytoday.com/us/blog/nourished-journey/202209/cultivate-joy-through-meditative-moments>

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Grossmeier J. *Finding joy in everyday moments.* Psychology Today Blog. August 3, 2022. Available at <https://www.psychologytoday.com/us/blog/nourished-journey/202208/finding-joy-in-everyday-moments>

Grossmeier J. *Making social connections more meaningful.* Psychology Today Blog. July 2022. Available at <https://www.psychologytoday.com/us/blog/nourished-journey/202206/making-social-connections-more-meaningful>

Grossmeier J. *How to maximize your motivation.* Psychology Today Blog. June 1, 2022. Available at <https://www.psychologytoday.com/us/blog/nourished-journey/202206/how-maximize-your-motivation>

IHI, Moseley K, **Grossmeier J.** *New well-being assessment provides employers and their collaborators with a brief, validated tool to measure broader health and well-being impact.* HERO Blog. December 15, 2020. Available at <http://www.hero-health.org/blog>

Grossmeier J. *HERO Scorecard International Benchmark Report: Focus on Chile.* HERO Blog. February 9, 2020. Available at hero-health.org/blog

Grossmeier J. *HERO Scorecard International Benchmark Report: Focus on Puerto Rico.* HERO Blog. November 6, 2019. Available at hero-health.org/blog

Grossmeier J. *HERO Scorecard International Benchmark Report: Focus on India.* HERO Blog. August 19, 2019. Available at hero-health.org/blog

Grossmeier J. *HERO Scorecard International Benchmark Report: Focus on Brazil.* HERO Blog. May 14, 2019. Available at hero-health.org/blog

Grossmeier J. *HERO Briefs.* HERO Blog. August 14, 2017. Available at hero-health.org/blog

Grossmeier J. *HERO 2017 Summer Think Tank: Proceedings.* HERO Blog. July 27, 2017. Available at hero-health.org/blog

Grossmeier J. *The voice of the customer: Proceedings from HERO's 2017 Winter Think Tank on 'the employee experience'.* HERO Blog. March 9, 2017. Available at hero-health.org/blog

Grossmeier J. *Next practices for improving the employee experience: Proceedings from HERO's 2017 Think Tank on 'the employee experience'.* HERO Blog. March 9, 2017. Available at hero-health.org/blog

Grossmeier J, Bastable J, Nelkovski L, Swayze P, Tangen T. *In response to the "gadget apocalypse."* HERO Blog. December 16, 2016. Available at hero-health.org/blog

Grossmeier J. *The time is now: Measuring the impact of wellness programs on productivity.* Alere Health Blog. November 9, 2015.

PRESENTATIONS

Grossmeier J. The art and science of human connection. Living Well USA Flourishing Summit. June 15, 2023.

Grossmeier J. Improve your well-being through meaningful connections at work (virtual workshop). Stanford Healthy Living. June 8, 2023.

De Vries P, Llyn B, **Grossmeier J**, Tralongo C, Phillips H. How to give ourselves permission to thrive. Bay Area Human Resources Connections. Campbell, CA. May 31, 2023.

Grossmeier J. Living your fullest life with purpose. International Foundation of Employee Benefit Plans (virtual workshop). May 24, 2023.

Grossmeier J. Living and leading with purpose. Mindset Elevate (virtual workshop). May 17, 2023.

Grossmeier J. The journey from burnout to thriving. Santa Clara Rotary Club. Santa Clara, CA. May 11, 2023.

Grossmeier J. The role of intellectual humility in addressing spirituality at work (breakout). Art and Science of Health Promotion Conference. Colorado Springs, CO. March 28-30, 2023.

Grossmeier J. Living your fullest life with purpose (virtual workshop). Stanford Healthy Living. March 15, 2023.

Grossmeier J. My journey from burnout to thriving (lecture). UC-BerkeleyHaas. Berkeley, CA. March 13, 2023.

Grossmeier J. Let's get to what matters by addressing the heart and soul of employee wellbeing (virtual fireside chat). University of Texas System Living Well. February 23, 2023.

Grossmeier J. Maximizing motivation for employee well-being (virtual keynote). The Alliance. February 16, 2023.

Grossmeier J. Let's get to what matters by addressing the heart and soul of employee well-being (virtual keynote). Wellbeing Think Tank. January 19, 2023.

Grossmeier J, Linnan L, Elmore H. Connecting science to practice: Adopting HWB best practices to small and mid-size businesses. HERO Small and Mid-Size Business Summit (virtual event). Health Enhancement Research Organization (HERO). January 18, 2023.

Grossmeier J. Reimagining workplace well-being. (virtual keynote). George Mason University Leading to Well-Being Speaker Series. November 17, 2023.

Grossmeier J. Address burnout and bolster mental health through meaningful connections at work. (virtual workshop). Bayer Corporation. October 20, 2022.

Coulter B, Moseley K, **Grossmeier J,** Marks B. Workplace loneliness and connection (virtual session). Foundation for Social Connection 2022 Action Forum. October 13, 2022.

Grossmeier J, Johnson S, Lynch W. Journal club session on workforce well-being: Putting research into practice. HERO Forum 22. Amelia Island, FL. September 22, 2022.

Grossmeier J, Cheng N, Curtis J, Harrington S. Let's get to what matters by addressing workplace spirituality. HERO Forum 22. Amelia Island, FL. September 22, 2022.

Grossmeier J. Addressing the heart and soul of employee well-being. HERO Forum 22. Amelia Island, FL. September 21, 2022.

Grossmeier J. Maximize your motivation. Stanford HealthySteps (online class). September 29, 2022.

Grossmeier J. Individual and organizational purpose as essential to employee well-being (virtual event). Business Group on Health. August 25, 2022.

Grossmeier J. Maximize your motivation. Stanford Healthy Living (online class). August 18, 2022.

Grossmeier J. Spirituality, faith, and connectedness. HERO Summer Think Tank (virtual event). June 6, 2022.

Grossmeier J. Addressing the heart and soul of employee well-being. Art and Science of Health Promotion Conference. San Diego, CA. April 13-15, 2022.

Grossmeier J. A best practices approach to engaging employees in their health. The Alliance (keynote). February 10, 2022.

Grossmeier J. Maximize your motivation. Stanford Healthy Living (online class). January 26, 2022.

Grossmeier J, Walker M. The business value of a best practices approach to workforce wellness. International Conference for Active Aging (Virtual event). November 9, 2021.

Grossmeier J. Maximize your motivation for healthy living. Stanford Healthy Living (online class). July 14 & 21, 2021.

Goetzel R, Serxner S, Pronk N, **Grossmeier J.** *Worksite Wellness Research Update.* HERO Forum (Virtual event). September 29, 2020.

Grossmeier J, De Vries, P. *Using Strategic Planning to Connect Worksite Well-being to Business Objectives.* HERO Forum (Virtual event). September 24, 2020.

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