May 6th Opening Session
5:30pm Reception
6:30pm Welcome/Introductions
7:00pm Interactive exercise
7:10pm Keynote by Ed Diener
8:10pm Adjourn
8:15pm Optional session on physician/provider health — Patty Purpur de Vries, Stanford University

May 7th Summit Day
7:00am Refreshments/light breakfast
8:00am Welcome/Overview
8:15am Keynotes by Dean Ornish and Barbara Fredrickson
9:35am Survey on terms and definitions: Results and discussion
9:50am Interactive exercise
10:00am Break
10:30am Brief talk: Michael Steger — Meaning, health and longevity
10:50am Panel 1: Role of health care systems
   o Andrea Klemes — Concierge practices, MDVIP
   o Rhonda Cornum — U.S. Army
   o Eddie Phillips — Large governmental program, VA Whole Health
   o Mike Parkinson — Academic health system, University of Pittsburgh Medical Center Health Plan and Work Partners
   o Sean Hashmi — Large health system, Kaiser Permanente Thrive Campaign
   o Angie Kalousek — Health insurance industry, Blue Shield of California
11:50pm Lunch
12:50pm Brief talk: Leif Hass — Gratitude and health
1:15pm Panel 2: Role of providers and health care teams
   o Marc Braman — Lifestyle medicine practitioner, Lifestyle Medicine Pro
   o Mark Rowe — Family practitioner, Waterford Park Health -- Ireland
   o Peter Giza — Nurse coach, The Nurse Coach Collective
   o Blaine Wilson — Health coach community, Wellcoaches
   o Patty Purpur de Vries — Physician and provider health promotion, Stanford Health Promotion Network
2:15pm Break
2:45pm Brief talk: Steve Flowers — Mindfulness and health
3:10pm Panel 3: Community resources and supports
   o Michael O’Donnell — Worksite health promotion, Art & Science of Health Promotion Institute
   o David Ring — Digital/tech resources and supports, Dell Medical School
   o Gail Ironson — International Positive Psychology Association (IPPA), Health and Wellness Division
   o Rachel Millstein — Benson Henry Institute for Mind-Body Medicine, Society for Behavioral Medicine
   o Jessica Matthews — Integrative wellness and mindfulness, Point Loma Nazarene University and UC San Diego Center for Integrative Medicine
   o Eddie Phillips — Medical/health professional education, Lifestyle Medicine Education Collaborative (LMed)
4:10pm Minute recess
4:15pm Review key recommendations and closing discussion
4:35pm Let’s make it happen! Participant action steps
4:45pm Adjourn
Summit Discussion Questions:

Panel 1: The Role of Health Care Systems:
- What is currently happening in health care to support emotional well-being to improve health outcomes?
- What changes in health care (e.g. services, incentives, tools, trainings) would support the integration of emotional well-being activities into a healthy lifestyle for prevention and treatment of disease?
- What are initial, small steps that health care systems can take to move towards this envisioned future? (That is, what practical strategies can boost the attention of and action by health care systems for integration of emotional well-being interventions?)

Panel 2: The Role of Providers and Health Care Teams:
- What is currently happening in health care teams and clinical practices to support emotional well-being for the health care workforce and patients?
- What future changes in clinical settings could support emotional well-being of patients and providers?
- What initial, small steps can be taken to move towards this envisioned future? (That is, what practical strategies could foster receptivity by health professionals and their patients to adopt resilience/flourishing building methods and promote meaning?)

Panel 3: The Role of Community Resources and Technology
- What programs, services and tools that promote emotional well-being are currently being offered outside of health care settings that could serve as resources for and points of referral by health care teams and systems?
- What changes could make it easier for health care teams and systems to leverage such resources?
- What are initial, practical strategies/steps to move us towards this envisioned future?