



Learn from a master of time management

How are you holding up under the relentless burden of information and communication at work and at home? Get new ideas that will help you manage your time during open enrollment and beyond from Jeff Davidson, who will share his expertise in balancing work and life for time-pressed benefit officers like you.

His clients include America Online, Bank of America, American Express, the American Congress of Healthcare Executives, and federal agencies including the IRS, EPA, and SBA. A certified management consultant, Jeff is an author of more than 3,000 articles and 36 books, many of which have been part of the curriculum at major universities.

Discover the built-in time savings of Kaiser Permanente

For federal employees

Learn how your employees get the tools from Kaiser Permanente they need to manage their health care more effectively, giving them more quality time for work and family.

For you

How do you get the time you need? When your employees are more satisfied with their health plan and can manage their health care on their own, you get a more present, productive workforce—and troubleshoot fewer problems every day. Find out how.

Get organized with our compliments

We've got a great tool for you to help you get and stay organized. Be sure to pick up yours at the close of the meeting.

Join us

Friday, October 24, 2008

8:00 a.m.–11:00 a.m.

Renaissance Mayflower Hotel
1127 Connecticut Avenue, NW
Washington, DC 20036
renaissancehotels.com/wassh

It all happens at the Kaiser Permanente federal health benefit officer breakfast.

**RSVP today at
kpfedbreakfast.org**



KAISER PERMANENTE®

**Kaiser Foundation Health Plan
of the Mid-Atlantic States, Inc.**

2101 East Jefferson Street

Rockville, MD 20852

08624_HBODC_Fe_inv 9/15/08–12/31/08

A special breakfast for

Make this your easiest open season yet



2008 Kaiser Permanente federal health benefits officer breakfast

Agenda—October 24, 2008

- 8:00 Breakfast and registration**
- 9:00 Welcome and agenda preview**
Ruben J. Burnett, vice president of marketing, sales, and business development
- 9:15 "Are you overworked or just overwhelmed?"**
Jeff Davidson, MBA, CMC, keynote speaker
- 9:55 How Kaiser Permanente promotes total health and productivity**
Doug Van Zoeren, MD, physician director, District of Columbia medical centers
Beth Jaeger, vice-president of human resources
- 10:15 Testimonial**
Leonard Phillips, sales manager, federal accounts
Laura M. Toomey, HR specialist and project manager
- 10:20 What's new for 2009**
Larry Gross, director, segment strategy and market analysis
- 10:30 Video—*The Future of Health Care***
Marilyn Kawamura, president, Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc.
- 10:45 Q+A**



Jeff Davidson, MBA, CMC



Federal health benefit officers

Agency HBOs, division leaders,
work life, nursing, and
fitness leads invited.