FOOD HEALTHTECH LIVE
OCT 7-8 - NYC

DAY 1 — 10.07.2026

8:00 AM — **Registration, Refreshments & Networking**

9:00 AM — **Welcome to Food HealthTech LIVE**

Casey Costello, Senior Director, Nutrition & Outcomes, **NationsBenefits**

9:05 AM — **A Message from the Academy**

Ann Kurth, President, **The New York Academy of Medicine**

9:15AM — **Scaling Food as Medicine Programs to Drive Member Outcomes and Plan Performance**

Healthcare leaders are moving beyond standalone nutrition pilots toward integrated Food as Medicine platforms that combine digital nutrition guidance, GLP-1 support, medically tailored meals, and automated care workflows to improve outcomes, manage costs, and scale across Medicaid, Medicare, and Commercial populations.

Casey Costello, Senior Director, Nutrition & Outcomes, **NationsBenefits**

Steven Spencer, Chief Medical Officer, **Fidelis Healthcare**

Jane Schmitt, Director of Product Innovation, **ScriptSave**

Matt Dallahan, EVP Product, **NationsBenefits**

9:55 AM — **What Worked. What Didn't. What's Next in Food HealthTech**

The food healthtech and personalized nutrition market has evolved from tech-driven biology insights to closed-loop ecosystems yet neither fully delivered. Explore what failed, what stuck, and where the next wave of opportunity is emerging.

Lillian Yang, Director, Nutrition, **WeightWatchers**

Roy Steiner, SVP, Food, **The Rockefeller Foundation**

Emily Roach, VP Healthcare Partnerships, **Morrissey Market**

Maneesh Goyal, Chief Operating Officer, **Mayo Clinic Platform**

Dion Dawson, President, **Dion's Chicago Dream**

10:30 AM — **What's Really Getting Funded, Bought, or Reimbursed in 2026**

Too many food health innovations are exciting but commercially fragile. Get a clear-eyed view of the models

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that survive: payer partnerships, employer ecosystems, retail integration, and outcomes-based contracts.

Nebeyou Abebe, SVP, Social Health, **Highmark Health**

Sarah Elizabeth Morrow, Program Director, Clinical-Community Programs, **UPMC Health Plan**

Allison Rizer, Chief Growth and Innovation Officer, **ATI Advisory**

Sophie Schonfeld, Market CFO (Illinois Medicaid and Full Duals), **Humana**

11:10 AM — **Morning Break, Recharge & Networking**

11:40 AM — **GLP-1s Across the Lifecycle and the New Nutrition Economy**

GLP-1 use is not a single moment, it is a journey. Examine how needs shift from initiation (side-effect management) to active weight loss (muscle preservation, protein intake) to maintenance and potential tapering. Identify where new opportunities are emerging for food, coaching, and digital health.

Scott Bowman, Managing Director, **Clareo**

Robert Gabbay, Associate Professor of Medicine, **Harvard Medical School**

Stephen Lupe, Head of Behavioral Health in the Department of Gastroenterology, Hepatology, and Nutrition, **Cleveland Clinic**

Sherry Frey, VP, Total Wellness, **Nielsen IQ**

Jamie Kane, Chief, Section of Obesity Medicine, **Northwell Health**

12:20 PM — **Turning Wearable Data into Food Choices That Actually Stick**

We don't lack health data, we lack translation. Learn how innovators are converting wearable, biomarker, and behavioral data into practical food decisions that fit real life. Discover how food brands, retailers, and platforms can plug into personalization at scale.

Andrew Willett, Founder & CEO, **V-Nation**

Peyton Wilde, Business Development, B2B Health, **Garmin**

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12:50 PM — **Lunch & Networking**

2:00 PM — **The HealthTech Power Hour**

The HealthTech Power Hour brings together four fast-paced, 15-minute lightning talks showcasing the latest innovations shaping food healthtech.

The Role of AI-Driven Nutrition in Interdisciplinary Pain Management

Maja Mazur, Founder & CEO, **Healthnix**

Karol Waluszewski, Co-Founder & COO, **Healthnix**

Sara Davin, Director, Comprehensive Pain Recovery, **Cleveland Clinic**

A Real-World Look at How GLP-1s are Changing Consumers' Relationship with Food

Abigail Levine, Head of Population Products Strategy, **Evidation Health**

Food is Medicine: Linking Medically Tailored Meals/Groceries, Nutri Technology and Clinical Rigor to drive both Health & ROI Outcomes

Michael Lawskey, President, **N4L Health**

3:00PM — **The Food & Fitness Playbook**

The walls between fitness and nutrition platforms are collapsing. Learn how integrated ecosystems are improving engagement, performance, and retention by combining training plans with food guidance.

Martin Tull, Chief Impact Officer, **American College of Lifestyle Medicine**

Jon Canarick, Managing Partner, **North Castle Partners**

Jay Galluzzo, Co-Founder & CEO, **House 120**

James McMillian, President, **Tone House**

4:10PM

3:40PM — **Afternoon Break, Recharge & Networking**

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4:10PM

Clinical Adoption and Nutrition Tech That Fits Workflow

Nutrition is under-taught in medicine, yet patients expect answers. Learn what healthcare teams actually need from food health tech: evidence, simplicity, referral pathways, and tools that integrate into clinical workflows.

Susan Bratton, Founder and CEO, **Savor Health**

Uma Naidoo, Director of Nutritional & Metabolic Psychiatry, **Massachusetts General Hospital**

Danielle Nabak, Manager, Clinical Impact Portfolio Strategy & Special Projects, **Advocate Health**

Eric Rochman, COO, **God's Love We Deliver**

4:40 PM

AI Nutrition Coaching People Can Trust

AI is already shaping how people eat, but trust is fragile. Discover what drives confidence in AI-guided nutrition: human oversight, explainability, credentialed support, and privacy-first design. Leave with practical approaches to build copilots that feel personal and safe, avoid generic advice, and improve outcomes without overstepping clinical boundaries.

Jacqueline Elnahar, CEO, **One Nutrition**

Noah Kotlove, Founder & CEO, **Berry Street**

Tim Spector, MD, Scientific Co-Founder, **ZOE**

Katie Stebbins, Executive Director, Food & Nutrition Innovation Institute, **Tufts Food & Nutrition Innovation Institute**

Bijal Parekh, VP of Information Technology, **CVS Health**

5:20 PM — **Chair's Closing Remarks**

5:30 PM — **Drinks Reception & Networking**

6:30 PM — **End of Day 1**

DAY 2 — 10.08.2026

8:00 AM — **Registration, Refreshments & Networking**

9:00 AM

Chair's Opening Remarks

Rebecka Sexton, Founder & Director, **People Labs**

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DAY 2 — 10.08.2026

9:10 AM

Food, Work, and Health: Breaking Silos to Design the Conditions for Healthy Choices

Food as medicine and nutrition initiatives are advancing rapidly, yet outcomes remain uneven because they are often designed in isolation from the realities of work. This presentation introduces a systems-level perspective grounded in Total Worker Health and demonstrates how work, including workload, autonomy, social context, and how work is designed and led day to day, functions as a critical social determinant shaping the ability to make healthy food choices. By breaking down silos between food systems, healthcare, and employers, this session offers a practical framework for aligning these sectors to improve outcomes, equity, and return on investment.

CAPT Christian Rathke, Director, Total Worker Health,
U.S. National Oceanic & Atmospheric Administration

9:40 AM

What Keeps Consumers Coming Back: Health Apps, Social Media and Repeat Engagement

Engagement is the Achilles' heel of digital health. Most people who download a wellness app stop using it within weeks. The industry's answer has been to make health apps behave more like social feeds: streaks, badges, communities, endless content. This session offers the first look at new consumer research from Nlumn suggesting that we may not be borrowing the right things from social media. We'll share what the data reveal about what people need and what that means for building health apps people return to and can benefit from.

Joshua Anthony, Founder & CEO, **Nlumn**

10:10 AM

Morning Break, Recharge & Networking

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DAY 2

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10:40 AM

The Food HealthTech Pitch Competition

High-potential innovators take the stage to pitch solutions transforming nutrition, behavior change, and connected care. Watch startups battle-test their story, traction, and differentiation in front of investors and industry leaders and hear real-time feedback on what makes a solution fundable, scalable, and deployable. Leave with a front-row view of what's next in food health tech and who's building it.

Thomas Van Den Boezem, Partner, **PeakBridge VC**

Steven Gamo, Technical Lead, **McWin Capital Partners**

R.J. Briscione, Healthcare Advisor, **NEXT VENTURES**

Shila Wattamwar, Venture Partner, **TOWER**

11:40 AM

Food HealthTech's Biggest Blind Spots and How to Catch Them

Unpack the biggest blind spots holding food health tech back, from over-indexing on data and features to under-investing in trust, workflow fit, and real-life implementation. Learn how leading teams spot gaps early, design for adoption, and build solutions that translate into sustained behavior change, measurable outcomes, and long-term retention

Ed Gaskin, Executive Director, **Greater Grove Hall Main Streets**

Zelda Council, Chief of Nutrition, **U.S. Department of Veteran Affairs**

Alan Shannon, Consultant, **The Henry Ford**

Sara Torrence, VP of Growth, **Socially Determined**

12:20 PM

Wrap up of Food HealthTech LIVE

Rebecka Sexton, Founder & Director, **People Labs**

12:30 PM

End of Food HealthTech LIVE