

Quick Tips for Easing Back into In-Person Conferences

AcademyHealth is meeting in person for the first time since the pandemic began. The 2022 Health Datapalooza and National Health Policy Conference will be a hybrid event, offering in-person and virtual options. If you're feeling nervous about gathering in person for the first time in two years, check out these tips.

1 Dress Professional & for Comfort



- When meeting in person vs. on Zoom, pajamas are (unfortunately) no longer the best option. Pick out your conference attire in advance and make sure it still works with your post-pandemic style.
- Remember, conference venues are huge so wear comfortable shoes for getting around (yes, you actually have to wear shoes not just slippers!)

2 Determine Your Own Boundaries & Respect Others'



- After years of only meeting online, you may be tempted to go in for a hug or handshake when you see colleagues and friends, however comfort levels may vary. Be sure to maintain 6 feet apart where possible and ask before getting close to someone.
- Think about what you feel comfortable with in advance.
- Give yourself a break if you feel nervous or awkward. You are not alone. Everyone is getting used to seeing and talking to people in person again.

3 Leave Extra Time



- Review the agenda and plan out which sessions you want to attend in advance.
- Plan for extra travel time before the event and between sessions because it takes more time and effort to show up in person than to log in to a meeting.
- Grab coffee or water and use the bathroom ahead of time, as there is no pause button during an in-person session!
- Take breaks when you need them and make sure to stay hydrated and eat a proper lunch.

4 Unplug if You Can



- We've all gotten used to being on our phones and being plugged in, yet this is your opportunity to connect with your colleagues face-to-face. Power down your devices, turn off notifications if you can, and focus on the session in front of you.

Health & Safety:

Safety is our priority and we're making efforts to create a positive and healthy environment.

Find more information about up-to-date health and safety protocols for the Health Datapalooza and National Health Policy Conference on our [conference website](#).



Only Attending Virtually? Here are some quick tips.

1. Set up your virtual space to stay engaged. Clear and organize the space where you will be working. Silence your phone, turn off any notifications and let others in your household know not to disturb you. This will enable you to focus on the sessions and chat with others in the field.
2. Familiarize yourself with the conference platform. If you receive access to the platform in advance, make sure to test your provided login information and familiarize yourself with the schedule.
3. Engage on social media. Simply use the hashtag #hdpalooza #NHPC22 on Twitter to join in and follow the conversation with your fellow conference attendees. Make sure your social media profile is up to date and includes a professional headshot.