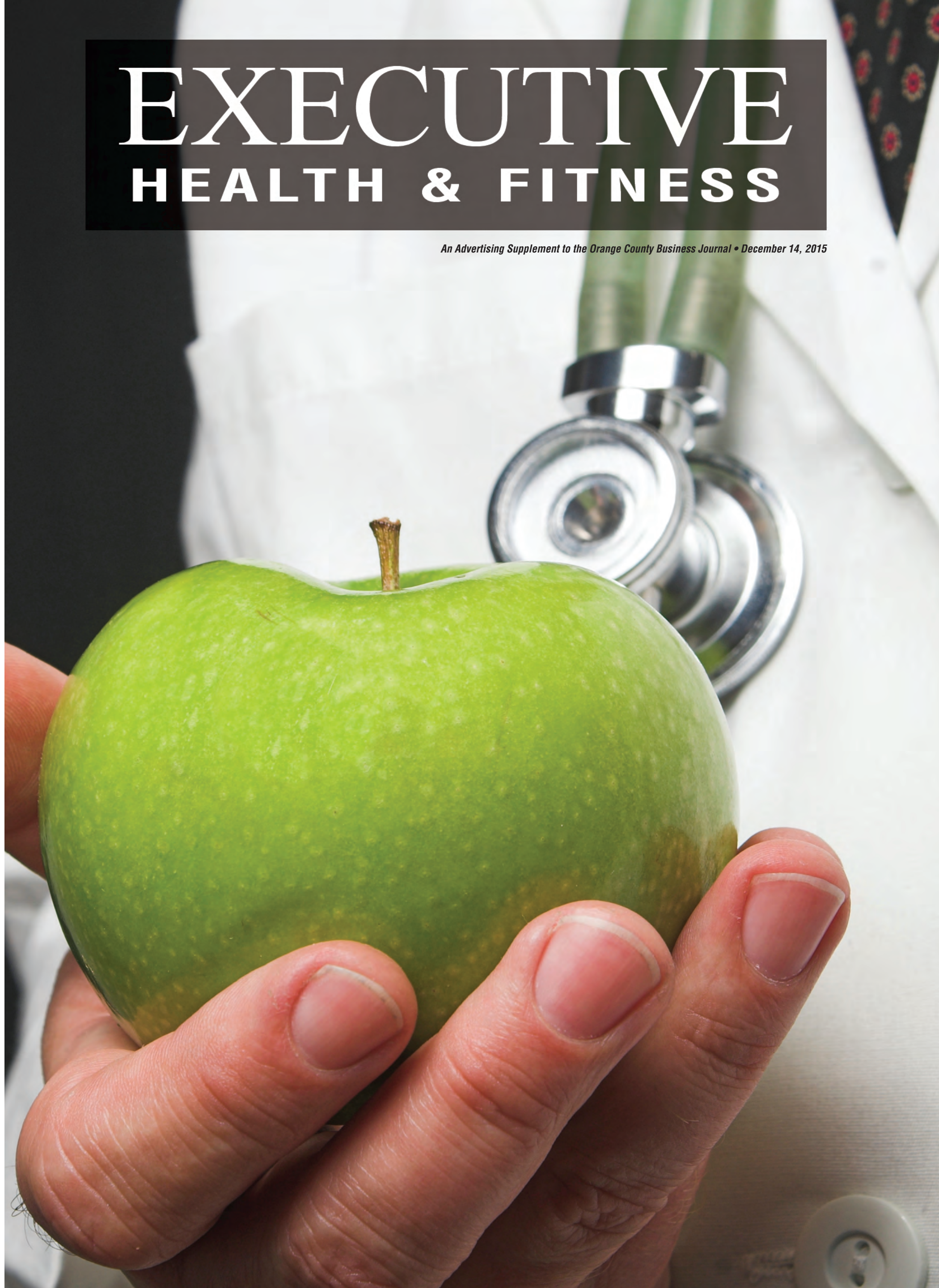


EXECUTIVE HEALTH & FITNESS

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Employers Take the Lead in Managing Chronic Health Conditions

One of the most important transformations underway in health care today is the move towards prevention and wellness. Chronic diseases are the number one cause of death and disability in the US. Every year 1.7 million Americans die from a chronic disease — accounting for seven out of every 10 deaths in our country. As one of California's leading health systems and one of Southern California's largest employers, MemorialCare promotes employee wellness to reduce the risk for lifestyle-related chronic conditions such as diabetes and hypertension.

"One of the best places to transform health care is in the workplace," says Tammie Brailsford, RN, Executive Vice President and Chief Operating Officer. "That's where most people spend the majority of their waking hours. So, that's where we began our employee wellness journey. Seven years ago MemorialCare implemented an award winning prevention and wellness program, known as The Good Life, for its 11,300 employees."

Fork, Feet and Fingers

There are three key areas to focus on in order to improve health. Dr. David Katz, Director of Yale University Prevention Research Center stresses that what we do with our fork, our feet and our fingers determines what we do to our future health. To that end, MemorialCare has created a work environment that supports healthy food choices, creates opportunities to keep active and is smoke-free. With fitness challenges, on-site gyms and walking trails, nutritious cafeteria offerings, weight loss reduction programs and more, over 84 percent of participants report they replaced unhealthy habits with healthy ones, and 97 percent report they have the resources at work to maintain and improve their health. In a recent renovation of MemorialCare's 15-acre, 300,000 square foot property in Fountain Valley, the health system included walking workstations and sit-stand desks to help keep employees active.

Success in Managing Chronic Conditions

MemorialCare partners with employees who have chronic conditions like high blood pressure, diabetes and hyperlipidemia to make long-lasting lifestyle changes, lessen complications, improve outcomes and lower medical and pharmaceutical costs. Now in its third year,

MemorialCare's innovative The Good Life - In Balance program has made a sizable impact, with participants reporting they have changed the way they live their lives. Eighty-seven percent of enrollees not only stayed with the program over time but also improved their medication compliance from 40 percent to 92 percent. Program participants have achieved clinically significant health improvements, including a net drop in average Hemoglobin A1C1, a measure of blood sugar control in diabetes.

Linking Benefits to Behavior


As a partner in the health of more than 18,000 employees and dependents, MemorialCare designs health care benefits that are financially sustainable for families and for the organization. Employees are able to qualify for lower cost Good Life Medical Insurance plans by completing a confidential personal health assessment and biometric screening, and participating in wellness related activities or self-care. Since its launch in 2013, more than half of MemorialCare's employees have taken the steps needed to qualify for these plans.

Leading Employers Choose an Integrated Continuum of Care

Changes in health care demand new approaches. More employers are choosing an integrated health care provider to offer high value care to their employee population. Leading employers are implementing wellness programs and preventive screenings, which along with convenient primary and urgent care can help keep their employees healthy. With health care from a highly integrated network, employees can also access neighborhood imaging and surgical centers and leading hospitals, which provide advanced diagnostics and acute care when needed. To access MemorialCare's fully integrated network of care, many southern California employers participate in high value partnerships like Anthem Blue Cross Vivity or Aetna Whole Health to improve care and reduce costs. In addition, MemorialCare offers customized solutions to fit the particular needs of an organization.

For more information on employee wellness programs or a free evaluation of your company's health care needs, visit MemorialCare.org/works or call (714) 377-2997.



greater newport physicians memorialcare medical group
 long beach memorial orange coast memorial
 saddleback memorial  community hospital long beach
 miller children's & women's hospital long beach

MEMORIALCARE HEALTH SYSTEM. YOUR EMPLOYEE HEALTH PARTNER.



You and your employees deserve a strong health network
and affordable, quality care. We're here to help.



Extensive Integrated Network – With more than 200 locations stretching from the South Bay to San Clemente, ours is one of the largest Southern California networks of award winning primary care and specialty physicians, leading hospitals, and community based outpatient surgery and imaging centers.



High Value – Our unique partnerships, like Anthem Blue Cross Vivity, provide your employees with access to seven leading health systems in Southern California. And, the just announced Aetna Whole HealthSM – MemorialCare health plans are designed to strengthen employee engagement and experience, improve care AND reduce costs.



Custom Solutions – Using proven approaches, our customized solutions fit the needs of your business. That includes wellness programs for healthy employees to management of chronic conditions, or a custom tailored network of care.

Discover how our experience can work for you. Visit MemorialCare.org
or call 714.377.2997 for a free evaluation of your company's health care needs.

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How to Get More From Your Health Care Provider: Choose St. Joseph Hoag Health



Choosing the right health care provider for you and your family is one of the most important decisions you can make. You need to make sure your preferred health provider offers exceptional expertise, broad access and coverage, and treatment facilities close to your home, work, and schools.

Peace of Mind is as Easy as 1, 2, 3:

Employees need health care that works for them. Whether they're younger workers who want the convenience of a nearby checkup or Boomers looking for a broad range of specialists and services, St. Joseph Hoag Health offers the choices and flexibility that make sense for any staff member.

1. Choose a medical group with equal expertise in general practice and specialized medicine

St. Joseph Hoag Health has more than 1,700 physicians representing the brightest minds and biggest hearts in medicine. St. Joseph Hoag Health doctors practice across a top-ranked network of nine hospitals, in alliance with Children's Hospital of Orange County, and in twenty-six urgent care centers located throughout Southern California. Some doctors are part of a medical group while others have independent affiliated practices.

These medical groups include:

- Hoag Medical Group
- Hoag Affiliated Physicians
- Mission Heritage Medical Group
- Mission Hospital Affiliated Physicians
- St. Joseph Heritage Medical Group
- St. Joseph Hospital Affiliated Physicians
- St. Jude Heritage Medical Group
- St. Jude Affiliated Physicians

Each of these local medical groups offers exceptional doctors specializing in the most diverse range of primary and specialty disciplines to cover your family's complete needs. From family medicine and pediatrics, to cardiac care, neuroscience, trauma, and women's health—these are just some of the practice areas in which St. Joseph Hoag Health offers more.

2. Choose a health plan that offers broad hospital access and treatment coverage

Price is important, but it shouldn't be the only consideration when picking the right plan for you. You should always understand the limitations of your coverage and how well it matches the specific needs of your family. It's also important to consider the potential cost of unexpected events. Medical emergencies will occur, and when they do, you want to make sure your plan covers treatment at the hospitals of your choice.

3. Choose a health network with locations that are closest to where you live and work

If you live in Orange County, it is critical your plan covers visits to St. Joseph Hoag Health including network hospitals and physicians. The last thing you need in an emergency is to be routed to a distant facility when time is of the essence. If you are not sure about which medical facilities your plan covers, you can easily check to see if your plan includes the St. Joseph Hoag Health network by visiting StJosephHoagHealth.org/insurance or by checking directly with your insurance provider. And if your health plan requires you to make a specific hospital choice, make sure you identify the St. Joseph Hoag Health network hospital nearest you:

- Hoag Hospital (Newport Beach, Irvine)
- St. Joseph Hospital (Orange)
- Hoag Orthopedic Institute (Irvine)
- Mission Hospital (Mission Viejo & Laguna Beach)
- St. Jude Medical Center (Fullerton)
- Children's Hospital of Orange County (Orange)
- CHOC Children's at Mission (Mission Viejo)

Making the Best Choice Means Choosing the Name You Trust

Confidence comes from knowing your health provider can take care of you when you're sick and keep you well when you're healthy. With a track record of providing exceptional care for over 86 years, Hoag, Mission, St. Joseph, St. Jude and CHOC Children's hospitals have come together as the St. Joseph Hoag Health network to deliver Orange County its most complete health solution. Choosing St. Joseph Hoag Health means more for you and your family – more access to excellent care, doctors, locations, programs and services; and ultimately, more peace of mind.

Visit StJosephHoagHealth.org/doctors to see if your current doctor is in our network, or to select a new doctor that is right for you. Residents selecting Covered California plans can go to StJosephHoagHealth.org/CC to find out if the plan you are selecting provides access to Orange County's premier health network, St. Joseph Hoag Health.

Discover the latest wellness topics and news at stjhs.org/HealthCalling, featuring wellness and health articles by St. Joseph Health experts. Sign up to have our monthly newsletter delivered to your inbox.

St. Joseph  Hoag Health

Hoag • Mission • St. Joseph • St. Jude

In alliance with  CHOC Children's.



choose
more
— laugh lines —

St. Joseph Hoag Health is committed to helping you get MORE of what matters most.

As the most trusted names in Orange County health care, Hoag, Mission, St. Joseph, St. Jude and CHOC Children's have come together as the St. Joseph Hoag Health network, which has one vision - making our region its healthiest. For more than 86 years, we've known that good health is something you cherish every day. We'll treat you when you're sick and keep you well with the highest quality care, innovative programs and specialized services.

It all adds up to more for you and your family - more access to excellent care, doctors, locations, programs and services, and ultimately, more peace of mind.

St. Joseph Health is a Ministry founded by the Sisters of St. Joseph of Orange

Hoag was founded by the George Hoag Family Foundation and the Association of Presbyterian Members

**Don't wait, find your doctor today
by calling (877) 459-DOCS (3627)
or visit StJosephHoagHealth.org/more**

St. Joseph  Hoag Health

Hoag • Mission • St. Joseph • St. Jude

In alliance with  **CHOC Children's**



Orange County Global Medical Center Emergency and Trauma Staff

Orange County Global
Medical Center



Orange County Global Medical Center Continues Long-Standing Tradition of Saving Lives

by Suzanne Richards, MBA, FACHE, Chief Executive Officer, KPC Health

Orange County Global Medical Center (OCGMC) is an acute care Level II Trauma Center and is centrally located in the heart of Orange County. A flagship hospital, Orange County Global Medical Center, has been providing life-saving care for more than 110 years. Today, its 282-licensed bed hospital provides emergency and trauma services for more than 20,000 patients per year.

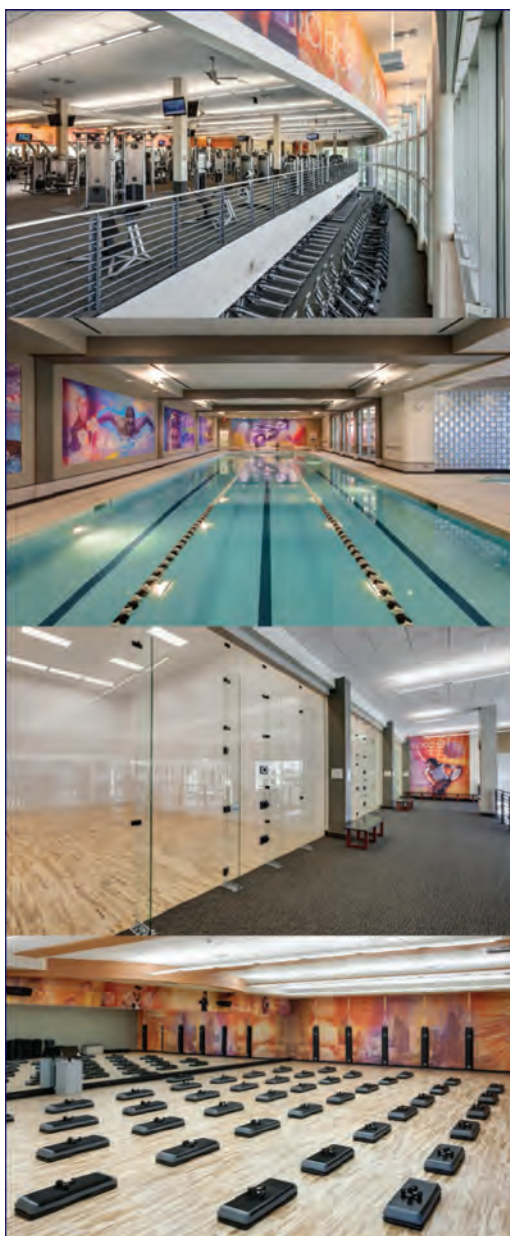
The Emergency Department's experienced team of physicians and nurses deliver high-quality, coordinated emergency care and provide a variety of specialty services in neurology, cardiology, trauma, and burn treatment through their Stroke Center, Chest Pain Center, Regional Trauma Center and Orange County Burn Center.

Orange County Global Medical Center operates one of only six Stroke-Neurology Receiving Centers (SNRC) throughout the county. As a designated SNRC, our stroke program follows the National Standards and Guidelines as set forth by the American Stroke Association, American Heart Association and the Brain Attack Coalition. These standards can significantly improve outcomes for stroke patients and improve the overall quality of care. Additionally, our facility provides the critical TPA drug, which when given in the first three hours from the onset of symptoms, improves that patients' chances of recovery by 30 percent.

continued on the next page



Orange County Global Medical Center is proud to work with the Orange County Sheriff's Department in Emergency and Disaster Preparedness.



state-of-the-art equipment / free weights / indoor basketball / racquetball / leagues / kickbox cardio / indoor cycling classes / yoga / aqua fitness / swimming pool / sauna / personal training / kids klub (babysitting) / and more!

IRVINE CROSSROADS
3960 Barranca Pkwy.
(949) 502-2777

IRVINE EAST
6400 Irvine Blvd.
(949) 502-2043

IRVINE – JAMBOREE
2880 Michelle Drive
(714) 505-8958

SIGNATURE LOCATION:
IRVINE – MICHELSON DR
3021 Michelson Drive
(949) 988-5372



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additional clubs near you!**

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Our highly trained surgeons specialize in complex neurosurgical intervention and procedures including neuro trauma, critical care, intricate brain conditions, and complex spine disorders. Due to their advanced and highly trained capabilities, our physicians offer minimally invasive neurosurgical procedures through the use of our neuro image guided Brain Lab navigation, 3D thoroscopic machinery, and advanced neuro intervention suite.

Our physicians take a multi-disciplinary and personalized approach to all decisions made. Our dedicated and focused team of neurosurgeons and staff perform highly specialized surgeries including: treatment of spinal trauma, brain tumors, spontaneous and traumatic brain or spinal bleeds, as well as brain and spinal vascular pathologies, including aneurysms.

Our hospital is also a designated Cardiovascular STEMI Receiving Center (Chest Pain Center) and a Paramedic Receiving Center. Diagnostics services at our Receiving Center provide a wide range of advanced cardiac procedures, such as rotoblator, stents, angioplasty, coronary bypass graft surgery and valve surgery. Meeting the highest of standards in healthcare, Orange County Global Medical Center has earned the distinction of being named a 2015 Healthgrades Five-Star recipient for cardiovascular bypass surgery.

For over a century, Orange County Global Medical Center has continued to perform among the top innovators in healthcare in Orange County. With over 700 physicians, 800 employees, and 200 volunteers, we work together to serve our patients and their families. Our personalized approach to delivering patient care ensures everyone who walks through our doors receives a one-on-one consultation and a thorough treatment plan. Our compassionate, committed and experienced team are ready to provide the best possible care.

Orange County Global Medical Center is committed to providing our patients with excellence. For us, it not just about caring for our patients, but about investing in the people of Orange County. Our mission is to ensure everyone we encounter enjoys life in great health.

For more information about our emergency care services, please call 714.953.3500 or visit our website at www.orangecounty-gmc.com.



Orange County Global Medical Center Emergency Department Staff Nurse



Exterior of Orange County Global Medical Center

**ESCAPE
THE WAIT
WITH FAST
DOOR-TO-DOCTOR
TIMES**

**Enjoy Life in
Great Health**

24 HR Emergency Care
Chest Pain and Stroke Center
Orange County Burn Center

www.OrangeCounty-GMC.com

Orange County Global
Medical Center