

HEALTHCARE

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UC Irvine Health

UC Irvine Health aims to keep employees well

In an era when employers are challenged to identify the best health plans for their employees, choosing a plan that includes the UC Irvine Health network of providers offers clear advantages. As a university-affiliated network, UC Irvine Health offers nationally ranked physicians in their fields as well as cost-effective and coordinated care. And it's more accessible than ever before, says Dr. Howard Federoff, the new vice chancellor for health affairs and dean of the School of Medicine.

Federoff was executive vice president for health sciences and executive dean of the School of Medicine at Georgetown University before joining UC Irvine Health on July 1. In addition to leading the School of Medicine, he provides strategic direction for the clinical programs of UC Irvine Medical Center and all affiliated patient care centers.

His goals include promoting value-based, personalized healthcare.

"In the past, academic medical centers have asked patients to come to them," Federoff explains. "But we're extending our clinical footprint into the community. We have multiple, new satellite offices. We're taking some of the nation's best doctors and basing them in community locations around the county, including Newport Beach, Tustin and Orange."

UC Irvine Health promotes patient-centered care, which means keeping people healthy and catering to their unique needs and concerns. At community offices, patients are able to see their primary care physicians and specialists during one visit and have easy access to laboratory and imaging services. Physicians partner with their patients to individualize care and promote wellness.

For employers, that translates to cost savings.

"We don't want someone to come to the hospital unless it's absolutely necessary," he says. "We want to keep people well and deliver as many services as close to home as possible. We want to help people with chronic illnesses manage their conditions and live healthier lives."

The availability of urgent care centers means individuals can obtain the services they need without having to sacrifice time from their jobs or go to the hospital emergency department. "We recognize that many employees don't want to take time away from work," Federoff says.

With electronic health records, doctors can view a patient's complete file no matter which location the patient is seen in.

UC Irvine Health patients have access to more than 500 specialists, a world-class hospital and the latest technology to advance healing. Those attributes become important during a health crisis.



Dr. Howard Federoff, Vice Chancellor for Health Affairs, Dean School of Medicine

"For the most part, people don't think they're going to get sick," Federoff notes. "They choose a provider because that person is close to home, and they may not consider the network of doctors and hospitals. But they need to be careful to understand not just their benefits but also who's in their network. With UC Irvine Health, people have access to the best and brightest healthcare providers. Our physicians in our network offer everything from preventive care to managing chronic disease to the most complex care."

Home to an academic medical center, UC Irvine Health helps to establish the highest standards of care. That includes advancing the concept of precision medicine — approaching healthcare by focusing on the personalized needs of the patient instead of imposing a one-size-fits-all mode of healthcare.

"If you value innovation, this is the place," Federoff says. "We have the best doctors in their fields, highly trained people and technology that no one else in the county has."

To learn more about UC Irvine Health during open enrollment, visit ucirvinehealth.org/herenow

A destination for comprehensive care

The days have long passed when residents of Orange County felt the need to leave the county boundaries for state-of-the-art healthcare. Today, UC Irvine Health is a destination for not only the county residents but also individuals who come from great distances to see some of the nation's leading specialists.

The hub of UC Irvine Health is UC Irvine Medical Center, home to a 411-bed acute care hospital and Orange County's only National Cancer Institute-designated comprehensive cancer center. UC Irvine Medical Center is the backbone of emergency care in Orange County, with the only Level I adult trauma center and Level II pediatric trauma center, regional burn center and designated stroke-neurology and cardiac receiving centers. It has the region's only high-risk perinatal and neonatal program, which provides the highest level of care to women with pregnancy complications and to the most medically fragile newborns.

The pursuit of medical knowledge is central to the mission of a university-based, nonprofit organization. The research advanced by UC Irvine Health physicians allows patients to enroll in clinical trials that provide the latest therapies well before they become available elsewhere.

But while top-of-the-line facilities and programs matter, people truly make the difference. UC Irvine Health prides itself on providing advanced medical care with compassion. For 15 consecutive years, UC Irvine Medical Center has been ranked among *U.S. News & World Report's* Best Hospitals in America for specialty care. Many of UC Irvine Health's 500 physicians have been named Best Doctors in America® and honored by the Orange County Medical Association as Physicians of Excellence.

For more about UC Irvine Health, visit ucirvinehealth.org or call 877-UCI-DOCS.

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UC Irvine Health



The Rinker Health Science campus comprises 7.5 acres of technologically innovative space.

Hi-Tech Design Meets High-Quality Health Education

Chapman University's Harry and Diane Rinker Health Science Campus was designed to mark a new approach to 21st century health care. The technologically innovative space is home to Chapman University School of Pharmacy, the first of its kind in Orange County, and several graduate health science programs within Crean College of Health and Behavioral Sciences. The Rinker Health Science campus is a place for education, research and treatment, all within a collaborative and inter-professional environment.

The facilities boast the latest high-tech learning and research tools, including: exam simulation suite and control room; advanced anatomy lab for cadaveric dissection; state-of-the-art motion analysis lab; 3-D projection technology in classrooms; adapted exercise physiology lab; and a nuclear magnetic resonance spectrometer equipped with a CryoProbe.

Designed to embody a forward-thinking approach to educating tomorrow's advanced health care professionals, the facilities also



feature flexible, shared classroom and research spaces, which promote inter-professional education and interdisciplinary research. In addition, deans' suites, faculty offices and seminar rooms strengthen collaborations in research, teaching and clinical practice.



In recognition of their naming gift for the Harry and Diane Rinker Health Science Campus, Diane and Harry Rinker were named honorary doctors of the University and were honored with busts in their likenesses.

Harry and Diane Rinker are true Chapman University pioneers. Their 40 years of leadership and support have helped advance many campus programs and buildings. Their generous naming gift for The Harry and Diane Rinker Health Science Campus enables Chapman's growing visibility in the natural, physical, and health sciences, and establishes a lasting community asset in Orange County — one that will yield generations of critical healthcare providers prepared to solve the complex problems of the new millennium.

Rinker Health Science Campus
9401 Jeronimo Rd.
Irvine, CA 92618
chapman.edu



Flexible, shared classroom spaces provide students with opportunities for inter-professional collaboration.



The anatomy lab integrates technology with traditional cadaver dissection in order to better train students.



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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

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Radiation Oncology Center



A Better Approach to Care

Integrated medicine is a new phenomenon in American health care, but many of its practices were pioneered long ago by Kaiser Permanente, which has been advocating and following a holistic approach to patient treatments and outcomes for the last 70 years.

“At Kaiser Permanente, all facets of care, from outpatient to inpatient and even long-term care, are interconnected,” said Dr. Nancy Gin, area medical director at Kaiser Permanente Orange County. “There are very simple pathways of communication and database sharing. Everyone is on the same page with every patient.”

Kaiser Permanente was among the first health care providers in the nation to try such an approach. Its philosophy, called Total Health, improves the physical, mental and social well-being of all its members. The success of its integrated model has allowed Kaiser Permanente to become a powerful presence in health care, with the scale, resources, and capabilities to drive change at all levels.

In traditional health care plans, “the insurance company had a role, the hospital had a role and the physicians had a role in the patient’s health, but they weren’t necessarily aligned,” said Dr. Gin. “In our system all three entities are aligned around the best outcomes for every patient.”

The key to healthier outcomes is the preventive benefits of integrated medicine.

Dedicated to serving women and children

Kaiser Permanente provides care for women of all ages, though for many women pregnancy and childbirth are among the most significant points in which they’ll interact with Kaiser Permanente doctors. “Childbirth is a very personal experience,” says Dr. Patrick Roth, the physician director of Women and Children’s Services for Kaiser Permanente Orange County. “Our aim is to provide a comprehensive model of care, offering everything from midwife services to the most modern high-risk services that may be required.”

Kaiser Permanente’s Anaheim and Irvine Medical Centers see more than 6,000 births annually. The Orange County hospitals have been recognized as Baby-Friendly hospitals in a program sponsored by the World Health Organization and UNICEF designed to give mothers the information, confidence and skills needed to successfully initiate and continue breastfeeding.

Kaiser Permanente’s Women’s Health Services department includes board-certified OB/GYN physicians, midwives, nurse practitioners, and specialists in major obstetrics and gynecological specialties, including Maternal Fetal Medicine, Gynecologic Oncology, Reproductive Endocrinology and Urogynecology.

A leader in sports medicine

Sports medicine has changed significantly as technology and frontiers of knowledge expand. Kaiser Permanente Orange County has assembled a team of specialists that stays on the leading edge of the field.

“We are very fortunate to have a talented team and a comprehensive program,” said Dr. Brent Davis, an orthopedic surgeon who’s a member of the sports medicine group and director of the Kaiser Permanente Orange County Orthopedic Sports Medicine Fellowship program. “We have fellowship-trained sports medicine surgeons, primary care sports medicine doctors, fellows and dedicated shoulder surgeons, as well as physician assistants and physical therapists.”

At Kaiser Permanente’s medical campuses in Anaheim and Irvine, Dr. Davis and his colleagues often care for sports’ professionals and gifted student athletes. Dr. David Haller, a member of the sports medicine group, is an official UCI team doctor. But the majority of their practice is outside the realm of professional athletics.

Kaiser Permanente Orange County has created an Athletic Injury Clinic that provides care quickly and effectively, crucial for competitive athletes. Athletes can be referred directly by their coaches or trainers, or team doctors on a walk-in basis.

Comprehensive and coordinated cancer care

A personal diagnosis of cancer is the last thing anybody wants to hear regarding their health. Dr. Devansu Tewari, the physician director of the Gynecologic Oncology program, emphasizes the integration of services that ensures Kaiser Permanente Orange County patients and family members are not alone during this very difficult time. “Our standard is to see that this very personal journey for our members is not left to them to navigate through alone,” says Dr. Tewari. “It is our responsibility that they know and feel they have a partner at all levels of their care experience.”

The journey he speaks of actually starts with prevention and detection. By following the best protocols and advocating regular screenings, Kaiser Permanente is better able to prevent or detect and treat cancers early and save lives. Kaiser Permanente is rated highest by the National Committee of Quality Assurance’s Quality Compass data for Medicare members for breast and colorectal cancer screenings.

Once a patient is diagnosed with cancer, Kaiser Permanente’s coordinated oncologic care is brought to bear on the disease. It’s a multidisciplinary approach in which an entire team is involved in reviewing, assessing, and developing treatment options based on each unique case, evaluating any and all possible avenues for treatment with the most current procedures and technology.

Other attributes of Kaiser Permanente Orange County’s cancer treatment include its large network of care facilities, anchored by two hospitals. The medical centers are the hub, but their strategically located office buildings allow patients to conveniently utilize other services such as laboratory testing and pharmacy services closer to their homes or work places.

Team-based approach to neurological surgery

Kaiser Permanente’s integrated philosophy of health care can be seen in all aspects of its services. Neurosurgery is no exception. The complex challenges associated with tumors and other diseases of the anterior skull and nearby regions are best addressed by an interdisciplinary team.

“For patients with complex tumors in complicated locations, the best approach is typically team-based,” according to Dr. Marc Vanefsky, a neurological surgeon at Kaiser Permanente Orange County. “Such facilities are few and far between. In California there are probably only three or four. It takes a concerted effort to pull them together.”

The Kaiser Permanente Orange County anterior skull-based team is made up of neurosurgeons, head and neck surgeons, anesthesiologists, endocrinologists, oculoplastic surgeons, and others who work in concert to care for these patients like few other hospitals could. Kaiser Permanente brings its team-based approach to each patient from the beginning.

To learn more, please visit kp.org/orangecounty.



TRANSFORMING THE FUTURE OF HEALTH CARE

Peruse any list of the fastest-growing professions and the results are clear: Healthcare jobs are in high demand. With an increased senior population, healthcare reform, and advances in medical technology, the industry is expanding and changing at a rate few can predict.

Chapman University's Harry and Diane Rinker Health Science Campus in Irvine was created to meet these demands for tomorrow's advanced healthcare professionals. Equipped with technologically sophisticated classrooms and laboratories, the Rinker campus is a place for education, research and treatment, all within a collaborative and inter-professional environment.

Chapman University's School of Pharmacy (CUSP) and **Crean College of Health and Behavioral Sciences**, both located on the Rinker campus, are shaping learners into leaders. Offering personalized, interdisciplinary approaches to understanding health, medication use, therapy research, disease and treatment, CUSP and Crean College are poised to transform the future of health care.

Graduate degrees offered in:

- MS Athletic Training^{†^}
- MS Communication Sciences and Disorders[†]
- MA Marriage and Family Therapy^{†^}
- Pharm.D.^{*}
- MS Pharmaceutical Sciences^{*}
- Doctor of Physical Therapy[†]
- MMS Physician Assistant (2017)[†]

^{*}School of Pharmacy
[†]Crean College of Health and Behavioral Sciences
[^] Classes taught at Chapman's main campus in Orange



Creating Better Value in Health Care for Employers

Hoag Orthopedic Institute Drives Change through Transparency, Quality and Innovation

If you or one of your employees has ever had a surgery, you are most likely familiar with the deluge of bills that follow, some from health providers you never met.

There has to be a simpler way to manage this process.

The unique alignment between administrative leaders, physicians and nursing staff at Hoag Orthopedic Institute (HOI) allows it to embrace and drive change in the delivery of health care. Change is necessary, and HOI has pioneered change that benefits patients, health plans and providers.

One of its core beliefs is to methodically deliver the highest quality care, thus reducing costs. At HOI, the best clinical outcome and overall experience for the



patient ultimately reduces cost and creates the highest value.

Everybody wins.

One example of HOI leading a national movement is through the concept of **bundled payment** - a model where a single payment for a particular procedure covers all hospital and physician services. Often, health plans will desire an additional warranty, which will cover related services 30, 60 or 90 days

after a patient is discharged.

HOI has been utilizing this payment model for several years and believes one of the most attractive features of the model for self-insured employers and commercial health plans is the **transparency and predictability of costs** - knowing the total cost BEFORE surgery with no additional bills to follow.

Today, the bundled payment model is gaining momentum across the nation with employers, Medicare and commercial health plans. HOI's early experience with bundled payment began at the Orthopedic Surgery Center of Orange County (OSCO) in Newport Beach. It's demonstrable success led to HOI participating in a pilot program in 2010 with the Integrated Healthcare Association and in 2015 with the National Orthopedic and Spine Alliance (NOSA).

NOSA is made up of a group of orthopedic surgeons and related healthcare facilities across the nation, including Cleveland Clinic, Rothman Institute, OrthoCarolina, CORE Institute, OrthoCalifornia and HOI. This alliance has developed a national program based on bundled payment to deliver consistent, high value orthopedic care to self-insured employers across the U.S.

HOI drives value by being able to deliver care not only in the inpatient specialty hospital, but also through its two freestanding surgery centers- Orthopedic Surgery Center of Orange County in Newport Beach and Main Street Specialty Surgery Center in Orange. Besides offering sports medicine surgery, upper and lower extremity surgery, pain management and fracture care, they are experienced in joint replacement and spine surgery for the healthier patients.

Recently, Harvard Business School published a case study on HOI as a pioneer and leader in 'Value Driven Healthcare Delivery.' CMS named HOI as one of the first five star hospitals in Orange County and Los Angeles based on patient outcomes and experience of care. Through bundled payment and other innovative methods of care, HOI is committed to leading the revolution in value-driven care in Orange County and across the nation.

For more information about Hoag Orthopedic Institute, call 855.999.HOI1 (4641) or visit HOIExperience.com.



Michael Miyamoto, MD
Orthopedic

"My Merage School MBA experience has given me the tools and inspiration for innovation and entrepreneurship - essential to success in our constantly changing health care landscape."

Michael Miyamoto, MD, HCEMBA '12
Cardiologist and CMO
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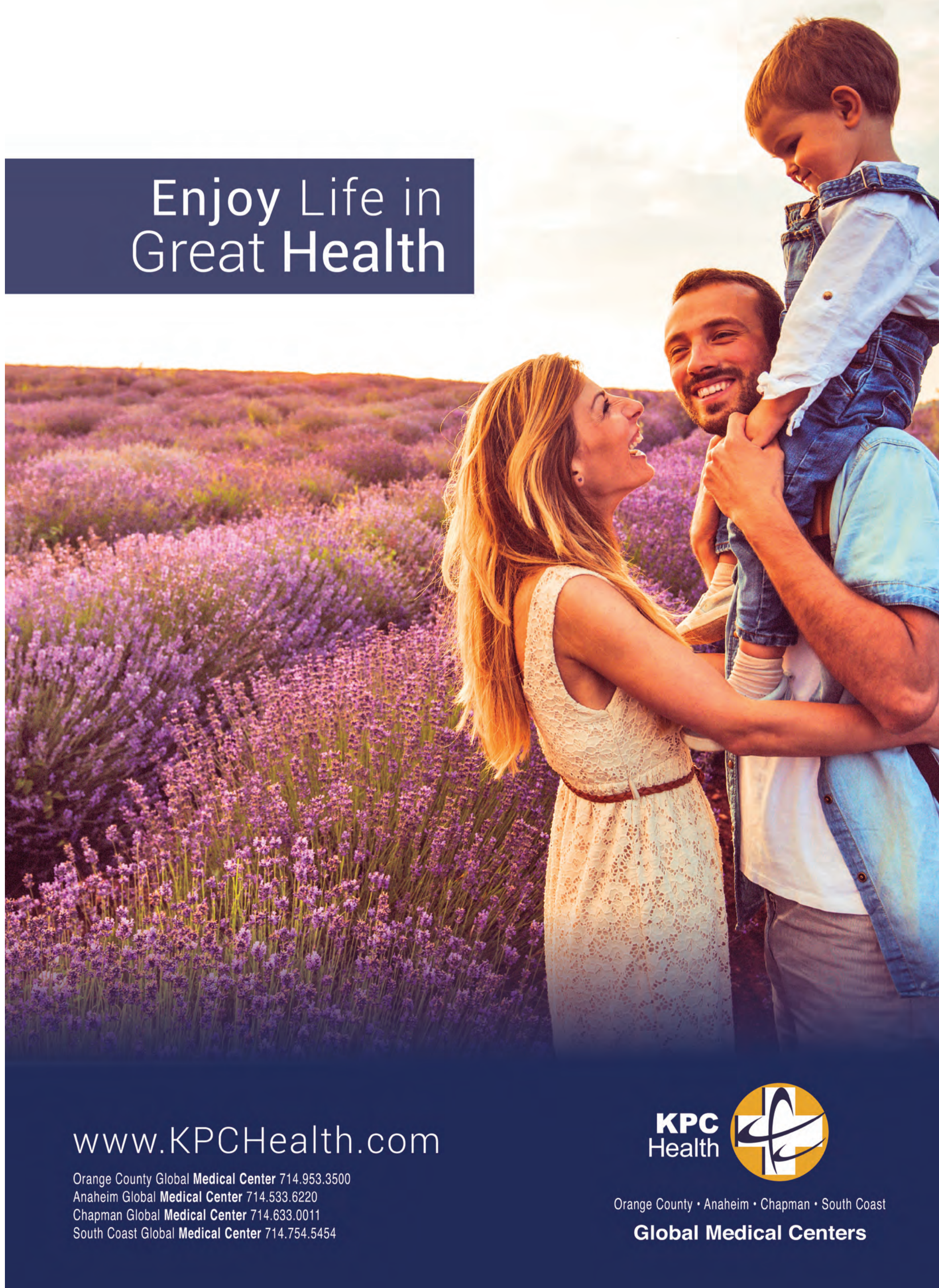
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Global Medical Centers



Orange County Global Medical Center, our flagship hospital and one of only two Level II Trauma Centers in the county.

Renewing Our 110-Year Tradition of Caring for Our Patients and Investing in Our Communities

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

For more than 110 years, our community hospitals have been serving the residents of Orange County. Our very first hospital was started by a group of physicians in a house on East Washington in downtown Santa Ana, because they saw a need and believed it was their duty to serve the community. We operate on a long-standing tradition of serving families throughout the communities that surround our four hospitals. Our excellent team of physicians, nurses and world-class hospital staff consistently deliver innovative and advanced medical care. With more than 755 inpatient beds throughout our four acute care medical centers, we provide high-quality, comprehensive and affordable healthcare for the entire family. KPC Health owns and operates Orange County Global Medical Center (formerly Western Medical Center Santa Ana), Anaheim Global Medical Center (formerly Western Medical Center Anaheim), Chapman Global Medical Center (formerly Chapman Medical Center) and South Coast Global Medical Center (formerly Coastal Communities Hospital).

Our flagship hospital, Orange County Global Medical Center, is designated by the county of Orange and the state of California as one of only two Level II Trauma Centers in the county, and provides emergency services for more than 20,000 patients per year. Today, with its 282-licensed bed facility, it provides comprehensive services through its Regional Trauma Center; Emergency Department (STEMI Receiving Center-accredited); the Orange County Burn Center; the Stroke Center; Maternal Child Health Delivery Land program and its Coronary Intervention Center, which is a 2015 Healthgrades Five-Star recipient for cardiovascular bypass surgery. Our talented and experienced medical experts continue to save and improve lives everyday through their compassion, expertise and commitment to our patients.

Additionally, Orange County Global Medical Center (OCGMC) is on the forefront of disaster preparedness. Every year, our facility collaborates with federal, state and local agencies to frequently drill and host an annual National Preparedness Day Event, in which the hospital, local public safety, health care and other county agencies provide our community members with vital information for any disaster situation. This year, we coordinated with more than 24 different organizations including the Orange County Fire Authority, Orange County Sheriff's Department, Health Care Agency, the Federal Bureau of Investigation and the Santa Ana Police Department. In addition to featuring the Orange County Sheriff's Department's tactical helicopter arrival and departure procedures, the community was given the opportunity to explore our biochemical and hazardous materials decontamination trailer, surgical tents, disaster response equipment and triage logistics.

For more than 40 years, Anaheim Global Medical Center (AGMC), the nearest Emergency Department to the Disneyland and Anaheim resort area, has delivered innovative and advanced medical care to the Orange County community. Its 189-licensed bed facility provides a variety of healthcare services including Emergency and Critical Care; Maternal Child Health Delivery Land program; and its advanced Cardiology Department, led by one of the top cardiothoracic surgeons in the United States. In fact, Anaheim Global Medical Center is a 2015 Healthgrades award recipient for Coronary Bypass Surgery and Coronary Intervention. Anaheim Global Medical Center is also accredited as a STEMI Receiving Center for its coordinated systems of care, and capability of properly treating an ST-elevation myocardial



An "Opmi Pentero 900," a half million dollar HD microscope used by surgeons at Orange County Global Medical Center to visualize tissue structures and blood vessels in microsurgical applications.

infarction (heart attack). This year, Anaheim Global Medical Center also opened our newly remodeled Geropsychiatric Unit, *Discoveries*, to serve Orange County residents with behavioral health needs. We are proud to announce our Discoveries Unit is designated as a Lanterman-Petris-Short (LPS) Unit and is accessible to all seniors in need of behavioral health treatment throughout the region.

Since 1969, Chapman Global Medical Center (CGMC), a boutique hospital nestled between the communities of Orange and Villa Park, has provided a broad array of emergency and specialty services. Today, its 114-licensed bed facility offers state-of-the-art surgical care through its Orthopedic Institute, Neurosurgical Spine Institute and Bariatric Medicine programs. At the Chapman Neurosurgical Spine Institute, our well-known team of surgeons and specialists are committed to providing our patients with cutting-edge treatments, covering all types of spine conditions through the use of advanced technology and minimally invasive techniques leading to the best results. Chapman Global Medical Center is nationally recognized for its distinguished clinical care as a Blue Distinction Center for Spine Surgery. As a 2015 Healthgrades recipient for Patient Safety, our facility is committed to fulfilling preventative measures to ensure patients are protected from infectious diseases during both inpatient and outpatient visits.

South Coast Global Medical Center (SCGMC), the closest hospital to the world-renowned South Coast Plaza Shopping Mall, has been serving central Orange County since 1973, and is highly regarded for delivering excellent healthcare. Its 178-licensed bed facility offers specialty services through its Emergency Department, Maternal Child Health Delivery Land program, Bridges for Newborns program, Senior Mental Health and Sub-Acute care. The Bridges for Newborns program at South Coast Global Medical Center is one of four Early Action programs developed by the Children and Families Commission to improve the health and welfare of children in Orange County. Our team works diligently with new mothers to ensure well-baby check-ups and immunizations are completed in the early months and that patients are linked to ongoing primary and preventive care. In addition, South Coast Global Medical Center is a Healthgrades 2015 Award Recipient for Patient Safety.

As community hospitals dedicated to the health and welfare of each and every community we serve, we are investing in a number of nonprofit and charity-based organizations, including the American Heart Association, March of Dimes for healthy babies and Caterina's Club for feeding hungry children. We believe our involvement in the promotion of these programs is crucial to serving our communities. For us, healthcare is not just about caring for our patients, but also 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 KPC Health, please call 714.953.3652 or visit www.kpchealth.com.



UC Irvine's Merage School Health Care Executive MBA Program Helps Shape Leaders in the Healthcare Industry Through Team-Based Approach to Learning

MBA students at UC Irvine's Paul Merage School of Business are thriving due to the School's commitment to excellence in business education and team-based learning approach. The Merage School offers four MBA programs: a Full-Time MBA, Fully Employed MBA (FEMBA), Executive MBA (EMBA) and a Health Care Executive MBA (HCEMBA) program. The HCEMBA program is unique because it is an executive level part-time MBA program designed solely for experienced health care professionals.

Team-based learning develops leadership skills and strong relationships

Upon entry into the Merage School, students are assigned to small study teams that are maintained throughout the program. These teams are hand-selected to provide a diverse, balanced learning experience for students and help them develop strong teamwork and leadership skills.

"By assigning teams, we challenge our students to thrive academically and develop the teamwork and



Dr. Michael Miyamoto, MD, FACC, and Health Care Executive MBA

management skills that will take them to the next level in their careers," said Tony Hansford, senior assistant dean of the part-time and executive MBA programs. "We want every student to be challenged by their peers and be held accountable for their individual

contributions to team projects. This approach gives our students the confidence to handle any type of management challenge." This is particularly important in the healthcare industry as leaders solve the complex issues related to providing quality healthcare for all. It also helps students to build their network and create a sense of community within the school.

According to Marcel Fraix, D.O., HCEMBA '16, the team approach is a key part of his MBA learning experience. "In addition to gaining the fundamental business knowledge and leadership skills, the most rewarding aspect of the HCEMBA Program has been the development of relationships with my classmates. Developing strong friendships and a network has been both professionally and personally satisfying."

MBA Team Experience inspires innovation

Working in teams is also meant to inspire innovation and generate solutions to larger issues. In 2011, Dr. Michael Miyamoto, MD, FACC, HCEMBA '12 was among five teams of scientists awarded up to \$100,000 each to commercialize their ideas for new, lower cost health care technologies. "My experience gave me the tools and inspiration for innovation and entrepreneurship – essential to success in our constantly changing health care landscape." The new innovations addressed long-standing needs for more affordable and efficient chronic disease management and preventive health care, particularly in underserved communities.



The UCI Paul Merage School of Business Campus

Top rankings and accolades you can rely on

The Merage School is one of the top 25 business schools in the U.S. and in the top 50 worldwide, according to a 2015 *Financial Times* ranking. In addition, the Health Care Executive MBA program is ranked among the Top 30 Business Graduate Schools for physician executives.

All MBA programs are accepting applications for Fall 2016; the Fully Employed MBA program is also accepting applications for Spring 2016. For more information, visit merage.uci.edu/mbaprograms or call 949.824.4565.

UCI Paul Merage School of Business

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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.

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In alliance with  CHOC Children's.



Myth:
Children can't get depressed.

Truth:
Signs of depression can
appear as early as five.

CHOC Children's understands the crisis created by the lack of mental health services in Orange County. Along with our community partners, our goal is to create an integrated and coordinated mental health system of care for children. To launch this effort, Sandy Segerstrom Daniels has made a generous leadership gift. This is a remarkable start, but fulfilling the needs of our community takes each one of us – your donations are crucial.

Join us in making a difference in the lives of our children today at choc.org/mentalhealthgiving

 **CHOC Children's**
together the future's bright





CHOC Children's Announces Initiative For Pediatric Mental Health Services

Community leaders and executives from Children's Hospital of Orange County (CHOC Children's) recently announced a transformational initiative to ensure children, adolescents and young adults with mental illness get the health care services and support they currently lack in Orange County's fragmented system of care.



children battling mental illness and their families by providing the services and support they need," Cripe said.

One in five children experience a diagnosable mental health condition during childhood — about 150,000 children in Orange County alone; yet there are no psychiatric inpatient beds for patients younger than 12 and insufficient psychiatric inpatient beds for adolescents in Orange County hospitals. The absence of designated space to treat young patients means that sometimes children with serious mental health episodes remain in the emergency department for days at a time.

"We recognize that pediatric mental illness has become a nationwide crisis, and are committed to addressing it," CHOC Children's President and CEO Kimberly Chavalas Cripe said. "CHOC and our partners are excited by the opportunity to create a scalable model for pediatric mental health care that other communities across the country can replicate."

Children's advocate Sandy Segerstrom Daniels, managing partner, C.J. Segerstrom & Sons, has donated a \$5 million lead gift to help establish CHOC Children's Mental Health Inpatient Center. The Center will provide a safe, nurturing place for children ages 3 to 18 to receive care for mental health conditions. It will also provide specialty programming for children younger than 12. The third floor of CHOC's Research Building, located on the west side of the hospital's main campus, will be extensively remodeled to house 18 beds in a secured, healing environment, and create an outdoor area for recreation. Construction is expected to begin by fall 2015 and finish in late 2017.

"Sandy Segerstrom Daniels' inspiring and generous gift will improve the lives of

Daniels' gift serves as the cornerstone of a broader fundraising campaign by CHOC to raise \$11 million for inpatient capital and startup costs, and \$16 million to endow the program.

CHOC Children's and Pastor Rick and Kay Warren, co-founders of Saddleback Church, formed a task force last fall. Led by Chief Medical Officer Dr. Maria Minon and Chief Psychologist Dr. Heather Huszti, and comprised of community leaders, educators and faith-based advisors, the task force is focused on creating a full system of care for children, adolescents and young adults with mental illness. CHOC Children's and their partners are raising additional funds for enhanced outpatient mental health services in support of the full pediatric system of care.

Along with the new center, the hospital and its task force will work vigorously to educate and bring awareness of the prevalence of pediatric mental health problems, and the importance of early intervention and treatment.

"We want to promote honest dialog about children suffering from mental illness, helping to remove the social stigma. By inspiring others to share their stories, we hope to help them to heal and help others on their paths toward recovery and healing," said Cripe.

"We know our plans are ambitious, but they are critical and life-saving. The vision begins with establishing a caring home at CHOC Children's for children and their families to turn to for help," Cripe added.

To learn more about ways to give to CHOC Children's mental health campaign, call the CHOC Children's Foundation at 714.509.8690 or visit www.choc.org/mentalhealthgiving.





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Introducing the Orange County Cochlear Implant Institute™ at Providence Speech and Hearing Center

It's a Tuesday morning at Providence Speech and Hearing Center. A set of new parents comes in with their nine-day-old baby boy in their arms, shock and sadness written across their faces because, in the hospital, they received devastating news — their precious baby might be deaf.

They counted 10 fingers and 10 toes, and then learned he did not pass his newborn hearing screening. Luckily, they have somewhere to go.

Last year, Providence provided over 500 newborn hearing re-screenings to babies who did not pass in the hospital. As these parents bring us their new baby and worst fears, we perform a thorough hearing examination. If he passes, we give his parents the best news; if he does not pass, Providence is here to help.

A cochlear implant is a surgically implanted electronic device that provides a sense of sound to a person who is profoundly deaf or severely hard of hearing. Cochlear implants are programmed to the specifications and needs of its user to optimize each patient's access to sound.

The cochlear implant is just the first step in a long road toward communication, and Providence is here to provide a continuum of care through the entire journey. The Providence team of Audiologists and Speech-Language Pathologists turn on the device so the brain can begin receiving sound. They then teach the patient to recognize those sounds and develop language. Listening and spoken language are the goals, and the lifelong impact for each child is immeasurable.



For patients in Orange County with a life-changing diagnosis of hearing loss, the very best place to be is at Providence. We have every tool, innovative technology and the best therapies to make sure that this child, no matter the degree of hearing loss, will hear, learn and thrive! Our patients receive the highest quality of care because at Providence:

It's our mission to Enrich Life Through the Gifts of Speech and Hearing.
It's our purpose to provide each child the opportunity for a brighter future.
It's our honor to provide the best possible care to children in need.

But ***it's our privilege*** to help this family, and all the families who have looked to Providence for help over the past 50 years.

Providence Speech and Hearing Center was founded in 1965 to provide Audiology and Hearing Care and Speech-Language Pathology to all those in need, regardless of their ability to pay. In the 50 years since, we have grown to become one of the largest centers of its kind in the country. A true Center of Excellence, our highly trained staff use the most advanced technologies and best practices to provide a full continuum of speech and hearing services to patients of all ages, newborns through senior adults.

Recently, Providence identified a gap in the community to serve pediatric patients in need of cochlear implants. As a result, we established the **Orange County Cochlear Implant Institute™**, the first all-encompassing pediatric-focused cochlear implant program in the greater Orange County area. It is a multi-disciplinary collaboration between experts, including an Audiologist, Speech-Language Pathologist, Otologist, Psychologist, and Social Worker.

The need for these services is so critical, families are driving to Providence from all over southern California. We estimate that we will evaluate more than 100 children as potential cochlear implant candidates each year.

This year, Providence will provide over 100,000 appointments to more than 15,000 patients. As part of our ongoing efforts to continue meeting the needs of the community and serving more patients than ever before, **Providence will open its eighth site on November 4 in the Hoag Health Center Huntington Beach.**

"Thanks to 50 years of unwavering support from the Orange County community, Providence has been here for all those who have needed us for speech and hearing disorders - regardless of their ability to pay," said Linda Smith, CEO. "We are grateful to everyone who has been a part of our success - from our founders and board members to the staff, donors, partners, medical community, and the patients who have entrusted us with their care. We look forward to the next 50 years!"

To learn more, visit www.pshc.org.



PROVIDENCE



SPEECH
AND
HEARING
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introduces the
**Orange County
Cochlear Implant
Institute™**



Together, we can open the world of sound
for more children in Orange County.



Providence Speech and Hearing Center has established the **first all-encompassing pediatric-focused cochlear implant institute** in Orange County. Providence was founded in 1965 to provide Audiology and Hearing Care and Speech-Language Pathology to all those in need, regardless of their ability to pay. And for 50 years, we have grown to become the leading service provider to the speech and hearing impaired, a **Center of Excellence** your family can trust. You can help open the world of sound for more infants and children in our community. Visit pshc.org/donate-now.

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