

HEALTHCARE





UC Irvine Health

Building a well workforce

A healthy bottom line requires a healthy workforce. Here's how to build yours.

The statistics prove sobering: Absent employees — due to illness or injury — cost U.S. employers \$225.8 billion annually in productivity losses. According to the Centers for Disease Control and Prevention, that figure represents \$1,685 per employee. Apply that number to your own workforce and consider its impact on your bottom line.

Now factor in that chronic conditions such as heart disease and diabetes combined with obesity add another \$153 billion a year in costs, and you glimpse the size of the problem.

So, what's the good news?

You have the power to change it.

According to a recent study, companies with excellent health and safety programs outperformed the S&P 500 by up to 5 percent.

"As soon as you increase the health and happiness for your employees at work, they start becoming a more productive workforce. You'll have people who want to be there instead of just waiting to go home each day," says Dr. Sajee Lekawa, medical director for the UC Irvine Health Medical Group.

"But if employees work nine to 10 hours a day, when are they going to be able to cook a healthy meal or exercise? That's why having a plan to address these and other health issues is so important."

Your plan will need to tackle the needs of your particular workforce and environment. Workers who sit behind a desk, for example, will likely have different challenges than those who work in the field.

Open enrollment offers a great time to begin exploring your employees' needs, since most will be focused on their health issues and health coverage. The information you glean should be woven into a success strategy that includes:

Healthy nutrition

Nutritious, whole foods are vital to health. Help your employees avoid the temptation of processed, fast food by providing access to nourishing options such as yogurt, nuts, salad and fruit.

"If you can't have a cafeteria, consider following Google's example. They have refrigerators full of healthy food and bowls of fruit available so their employees can snack healthy and still work at their desks," Lekawa says.

Physical fitness

Install an employee gym or offer discounted memberships to a local health club. Organize walking groups or provide a treadmill where employees can run during a 15-minute break. Remember to allow time for these activities and consider offering incentives. "Give everyone a fitness bracelet that tracks their steps and offer prizes for whoever walks 300,000 or more steps per month," suggests Lekawa.

Weight management

Obesity is a risk factor for many chronic conditions. Provide a BMI (body mass index) calculator to help raise your employees' awareness of their status within the range of normal to morbidly obese. "Employees can figure out their BMI based upon their age, height and weight and see where they fall on the BMI scale," Lekawa says. "Then give them the tools and ability to do something about it."

Health screenings

Offer free health screenings for risk factors such as high blood pressure, diabetes and cholesterol. Mental health screenings, such as an anonymous questionnaire to help identify depression, can be tailored to your workplace: How happy are you at work? Do you find your work fulfilling? Having these results can help identify changes — or wellness education — that may benefit your entire workforce.

Ergonomics training

Repetitive strain and other injuries can be avoided when workers are trained on how to adjust their workstations and environment.

"We see a lot of physical issues — neck, back, wrist, elbow or shoulder pain — associated with sitting all day in front of a computer," Lekawa says. "Yet, these can be prevented."

Immunizations and infection control

Cold and flu season can wipe out a whole crew. Providing access to flu shots can help prevent or reduce infections. To keep illness from spreading, encourage ill employees to stay home, ask everyone to wash their hands frequently and provide hand sanitizer.

Wellness education

Integrate an education program, whether online or with in-person experts, to give employees strategies to improve their health. Suggested topics include smoking cessation, sleep habits, weight management and nutrition, stress management, and any topic you've identified as an employee or workplace concern.



Free employee wellness services

A new UC Irvine Health program will partner with employers to improve the health and well-being of their workers.

Offering educational workshops, UC Irvine Health will provide the expertise of more than 500 physician specialists directly in the workplace. UC Irvine Health experts are available to present lectures on topics such as:

- Bone and joint health
- Ergonomics and ergonomics
- Healthy sleep habits
- Stress management
- Nutrition and weight management
- Memory tips and tricks
- Heart health
- Children and family health

Provided free of charge, the wellness presentations help employees understand their health concerns and provide them with information to reach their health goals. All of it is brought to the work site, where employees can conveniently participate with minimal to no impact on their work schedule.

For more information, or to request a presentation at your next health fair, lunch-and-learn session or employee event, call 714-456-7200.

For more information about how to choose UC Irvine Health during open enrollment, visit ucirvinehealth.org/whenwhere or call 844-227-3824.



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UC Irvine Health



A Better Way to a Better Life

Sovereign Health's Success: CEO Tonmoy Sharma Explains His Vision for Behavioral Health Treatment

For years there's been a glass menagerie encasing the clinical treatment industry. As providers limit themselves to mainstream research, make do with episodic care, and grapple with social stigma, the standard of care can never rise above an artificial glass ceiling.

Dr. Tonmoy Sharma is the kind of clinical researcher, business executive and pioneer who will measure that barrier, analyze its boundaries and break through it.

Some say a company mirrors its CEO's persona. If this is true, then Dr. Sharma's 30-year career as a mental health researcher and academic author, his hands-on pharmacology and cognitive impairment treatment knowledgebase, and his palpable zeal for lasting behavioral health recovery are all reflected in Sovereign Health's innovations.

Multifaceted and Simultaneous Growth

Dr. Sharma launched Sovereign Health in 2009 with one patient, four staff and six beds. Today the company is in five states, with nine facilities and nearly 800 beds for residential treatment. With the company's rapid expansion, those numbers are expected to soon double.

For the third year in a row Sovereign Health has topped business ranking lists. In 2016, Sovereign Health reached:

- ▶ No. 3 on the Orange County Business Journal's list of Fastest-Growing Private Companies
- ▶ The elite 11 percent of Inc. 5000's list of America's 5,000 Fastest-Growing Private Companies, with a 3-year sales growth rate of 721 percent

"Our growth is a byproduct of what we do and who we serve. When we began, the entire industry had a one-size-fits-all modality. People were not even defining problems. To me, it was a simple decision to do comprehensive assessments. It was something that needed to be done."

Comprehensive measurement and care came organically with what Sovereign offers. Dr. Sharma says people respond in droves to care that is customized.

Building Sovereign's Clinical Excellence

Dr. Sharma affirms the goal has always been to fill a need, to be a gold standard of care. Whereas some treatment providers are aggregators, marketed toward the dollar above all else, he emphasizes, "I've decided we stand for quality. I listen and respond to clinical needs."

Even when the company had only a few beds with just one patient, he sought out Joint Commission accreditation, a premier seal and standard of high performance, quality and safety.

Today, Sovereign Health's accredited facilities offer tracks of recovery for:

- ▶ Mental disorders
- ▶ Substance use disorders
- ▶ Eating disorders
- ▶ Chronic pain management
- ▶ Dual diagnosis of two or more of the above conditions

Dr. Sharma recalls that his trailblazing work of adding neuroscience into the business application of private health care was initially met with skepticism, but the timeless tactics of persevering with a strong moral compass, knowing his self-worth and being adaptable to best practices have kept Sovereign successful. "We don't just wade along. Our output stirs the waters and makes waves in the industry. We are game changers. We shake things up. We challenge the status



quo by simply thinking differently."

Activating the Narrative

When it comes to social reform, many people speak of "changing the narrative." Sovereign Health takes it a step further, "activating the narrative" by progressively translating scientific research into applicable clinical treatment modalities.

Dr. Sharma affirms nothing can replace personal touch.

"In addition to our therapists, we have clinical concierges and patient advocates to do pre-admit assessment and recovery management. Only people can connect with people. We use technology for efficiencies, not in place of connection with people."

Dr. Sharma's threads of experience in psychiatry, pharmaceuticals and software development have interwoven over the years to comprise the fabric of his role as a transformational CEO and interactive entrepreneurial founder. His background helps to ask the right questions and leverage technology for health – translating sci-tech advances into clinical care.

A Fluid Model Espousing Tech Innovation

Dr. Sharma believes that pursuing "the why" is what naturally drives success.

In 2008, many cognitive tests were still using paper and pencil, which increases the risk of inaccuracy. Why? Dr. Sharma worked with a team of programmers and technicians to develop Cogtest, a computerized cognitive assessment tool for research surveys.

Dr. Sharma is seen as a "disruptor" in the treatment industry because he doesn't subscribe to conveyor-belt treatment. "I want to focus on measurement-based care. What you don't measure, you cannot change. We want efficiency with constant evolution."

To do this, he's spearheaded a computer-based central repository that allows for facilitated, management-based care from intake to post-rehabilitation. The Patient Information Management System, PIMS, launched late summer 2016 at all Sovereign Health facilities.

Sovereign Institute

Although he doesn't practice medically at Sovereign, Dr. Sharma has been trained as a psychiatrist and has a heart for practical education. The result of this passion is Sovereign Institute.

Sovereign Health has recently forged partnerships with USC, Argosy University, and the Association of Psychology Postdoctoral and Internship Centers to provide real clinical experience for students and doctoral fellows under the supervision of trained psychologists.

To that end, Dr. Sharma and his team have opened the doors of Sovereign up to the California Consortium of Addiction Programs and Professionals to provide levels of Certified Alcohol Drug Counselor (CADC) certification.

The Next Step in Behavioral Health

Dr. Sharma dreams of a behavioral health industry free of social stigma and patient financing hurdles, where collaboration instead of competition is practiced between providers. He envisions neuroscience innovation folding into treatment, with alternative therapies and dual diagnosis becoming a standard, not a specialty.

Sovereign Health has already started down the path to this bright future. With individualized treatment and innovative clinical training, Dr. Sharma is enthusiastic that Sovereign Health will pave the way for behavioral health to reach an equal stature with OBGYN and other specialist health services. Let's hope the industry can follow his lead.

For more information on what Sovereign Health offers, call 866.348.7680, visit SovHealth.com or email info@sovhealth.com.



Dr. Tonmoy Sharma



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St. Joseph Hoag Health Brings Wellness to the Workplace

Wellness programs in the workplace continue to grow in popularity. More than two-thirds of all U.S. employers currently offer some kind of wellness program, according to the Society for Human Resource Management.

By offering primary care, chronic condition management, lifestyle coaching and pharmacy services for employees, wellness centers help businesses increase productivity and reduce absenteeism while lowering costs.

At St. Joseph Hoag Health, wellness has become a way to build healthier communities. The approach is shifting the traditional focus away from treating illnesses to preventing them. This new model of care puts the patient at the center of the process, rather than the doctor or provider, and allows individuals to take greater control over their wellbeing and health care.

Wellness at the workplace is grounded in the principle that “healthy employees are happier and more engaged employees,” explained Annette Buckel, Executive Director of Wellness at St. Joseph Hoag Health. In addition, wellness programs improve the bottom line by lowering the cost of claims for the employer.

Population Health Management

Before implementing the vision of wellness for local businesses, St. Joseph Hoag Health tested the concept of an on-site clinic and analyzed the population health management data of a select group: the health network’s own employees. The resulting high participation rates among St. Joseph Hoag Health staff, as well as the associated improvement in health, proved the value of the concept.

Wellness Corners

To better serve local communities, St. Joseph Hoag Health has opened wellness centers called Wellness Corners across Orange County. The centers are situated where people live, work and play to make a healthy lifestyle easier and more convenient. Wellness Corners offer medical care for illness, minor injuries and chronic conditions, as well as lifestyle services, such as coaching and specialty labs. At a Wellness Corner, you can expect a personalized, holistic approach that treats the whole person — body, mind and spirit — to ensure a lifetime of good health.



Lobby at Jamboree Wellness Center

DRIVE Wellness at Western Digital

In addition to Wellness Corners, St. Joseph Hoag Health is partnering with Orange County employers to bring wellness centers and primary care clinics to their worksites. They are custom designed to align with your employees’ health needs and your organization’s goals, which may include improved employee well-being, productivity, absenteeism and health care costs.

Data supports the investment in wellness by forward-thinking businesses. After the first year, Western Digital reported employee participation rates of more than 50%, productivity savings of a million dollars, as well as a reduction in its cost of claims of roughly \$1 million. As if the return on investment figures were not convincing enough, anecdotal employee satisfaction provides further proof of the benefits of workplace wellness.

For more information, call Shelly Summers at 949.381.4777 or visit StJosephHoagHealth.org/EmployerAnswers.

Providing your employees with the best health care begins with asking your broker the right questions.

Will our employees have access to the most trusted hospitals and doctors in our community?



Are our health plan options based on quality or cost?

Will we have access to worksite-based wellness clinics and programs?



What health risks are affecting my employees and driving up overall costs?

Are my high-risk employees engaged in their health care and being properly managed?



What are we giving up if we don’t get a health plan that includes St. Joseph Hoag Health?

Visit StJosephHoagHealth.org/EmployerAnswers or call (949) 381-4777 for more information



St. Joseph Health is a Ministry founded by the Sisters of St. Joseph of Orange
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CHOC Children's Network: A New Model of Pediatric Care for Orange County

The road to good health is not always an easy path to navigate, but CHOC Children's is determined to streamline the process and provide better health outcomes for pediatric care in Orange County.

This past year, CHOC made tremendous progress on a comprehensive population health management initiative by creating a regional pediatric system of care model that takes responsibility for the well-being and care of more than 200,000 children in Orange County and beyond. CHOC's efforts have centered, in large part, on building CHOC Children's Network, a community of primary and specialty care pediatric providers who are dedicated to a new model of care designed to improve outcomes and enhance the patient and family experience.

"One of the pillars of the CHOC Children's 2020 Strategic Plan is creating a pediatric system of care so that we can better coordinate health services and improve the delivery process for patients and family," explains Dr. Michael Weiss, CHOC's physician executive lead for population health. "Through the CHOC Children's Network, we are accomplishing this."

The CHOC Children's Network strengthens the relationship between pediatricians and specialists to deliver seamless care along the entire spectrum – from wellness and preventive services, to managing chronic disease and treating serious illness. This new approach is the opposite of the historically fragmented health care system in the United States.

The real difference with CHOC's population health initiative is that CHOC is engaging all pediatricians in the community, not just those employed by a foundation or the hospital. Unfortunately, the system of patient care is often disjointed – putting a lot of burden on the parents to share information between primary care pediatricians and specialists but CHOC's system eliminates traditional silos and helps providers collaborate to see the entire picture of a patient's health to provide the best care. This is particularly important for parents who have children with chronic illnesses.

Shahab Dadjou, CHOC's chief strategy officer who has been on the front lines of health care delivery for three decades, says, "This pediatric system of care is nothing short of visionary. We are offering fresh ideas, and generating an incredible level of support from our community-based pediatricians as we work together to improve the health and well-being of children."

Key Components of the CHOC Pediatric System of Care

- ▶ An enhanced medical record system so that pediatricians, specialists and affiliated health care providers will have access to one longitudinal patient record that can be viewed via a web portal. The single care plan follows the patient and is visible across the network – helping eliminate duplicate tests or communication issues among providers;
- ▶ Care guidelines for many common conditions, such as asthma, acute gastroenteritis, pneumonia, headaches and more, as well as care plans that can be used universally and acted upon quickly to make it easy for physicians to identify and treat these common illnesses and conditions; and
- ▶ Five disease-specific patient registries that allow all providers the opportunity to contribute data and facilitate timely access to meaningful clinical data that informs care decisions.

CHOC Children's Network

The CHOC Children's Network is a community of primary and specialty care pediatric providers whose focus is on both primary care, as well as tertiary-quadernary specialty care. To date, more than 73 pediatricians from four pediatric practices – Sea View Pediatrics, Southern Orange County Pediatric Associates, CHOC Primary Care Clinics and Pediatric & Adult Medicine, Inc. – have aligned with the Network.

Through new technology, community pediatricians will enjoy enhanced information from the many areas where children can receive care in the Network, such as pediatrician offices, specialist offices, laboratories, etc. This information will help care for children more efficiently, thus reducing the redundancies that may frustrate families.

"This is really a unique network. There are not many joint partnerships like this with pediatricians, subspecialists and a children's hospital. It is very exciting to build a model like this for Orange County and make it a wonderful place for health care," says Dr. Mary Ann Wilkinson, a pediatrician with Sea View Pediatrics.

Transforming Clinical Practice Initiative

In addition to growing the CHOC Children's Network, another element of the new system is a partnership between CHOC and Rady Children's Hospital-San Diego. In fall 2015, the two hospitals received a \$17.7 million population health award from the Centers for Medicare & Medicaid Services to participate in the Transforming Clinical Practice Initiative. Together, CHOC and Rady Children's – the only pediatric health systems among 29 networks selected – will work to improve quality of care, while lowering costs, by creating evidence-based guidelines for six common conditions: asthma, bronchiolitis, community-acquired pneumonia, headaches, acute gastroenteritis and acne.

These conditions oftentimes result in unnecessary emergency department visits and hospitalizations, testing and specialist referrals. Ambulatory care guidelines created for these conditions will also be embedded into the electronic medical record systems to help guide clinical best practices.

"The asthma outpatient guidelines for doctors, for example, are integrated right into the medical record, giving pediatricians direct access to treatment plans based on age," says Dr. James Korb, medical director of CHOC Medical Group.

"Pediatricians can show parents these guidelines, as well as track care and medications, so everyone involved in the patient's treatment knows which actions have been taken."

About CHOC

Children's Hospital of Orange County (CHOC Children's) is exclusively committed to the health and well-being of children through clinical expertise, advocacy, outreach, education and research that brings advanced treatment to pediatric patients. Affiliated with the University of California, Irvine, CHOC's regional health care network includes two state-of-the-art hospitals in Orange and Mission Viejo, many primary and specialty care clinics, a pediatric residency program, and four clinical centers of excellence – the CHOC Children's Heart, Neuroscience, Orthopaedic and Hyundai Cancer Institutes. **For more information about CHOC, visit www.choc.org.**





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Customized Health Plan Option Offers Boeing Employees and Families Better Benefits and Lower Costs

The Boeing Company selected MemorialCare Health System for a first-of-its-kind customized health plan option in California for about 15,000 Boeing employees and 22,000 dependents in the Southern California region, mostly in the greater Long Beach area, South Bay, San Gabriel Valley and Orange County communities. The Preferred Partnership is designed to improve health, enhance the patient experience and make health care more affordable for Boeing and those employees who choose the Preferred Partnership option.

This transformational partnership will add the MemorialCare Health Alliance to Boeing's annual enrollment options in November with services beginning January 1, 2017. The new option centers on keeping people healthy and out of the hospital by focusing on best practice, evidence-based prevention, diagnosis and treatments to identify and treat underlying health problems before they become chronic conditions.



Locations Close to Home and Work

To further expand network choices and access across the broad geography Boeing employees live and work, MemorialCare partnered with other highly acclaimed health care providers that are also familiar to Boeing's workforce, including Torrance Memorial Health System, UC Irvine Health, PIH Health and affiliated physician groups.

Personalized Coordinated Care

Boeing employees choosing MemorialCare Health Alliance will be offered enhanced health benefits and incentives. These include decreased paycheck deductions for health care coverage, no office-visit copayments for network primary care physician visits, 100 percent coverage for generic-drug prescriptions and primary care visits (for high-deductible plans, benefits apply when deductible is met) and freedom to choose specialists within the network without a primary care physician referral. Other features are increased company contributions to a health savings account for eligible participants, quicker access to network primary care providers and specialists, additional after-hours care, more personalized and coordinated care, greater use of electronic messaging with providers and access to medical records. Emergency care will be covered at in-network levels, even if received outside the MemorialCare network.

"MemorialCare and its partners have a long track record of health

care leadership and innovation in Southern California, as well as a strong market presence," says Jeff White, Boeing's Director of Health Care Strategy.

"MemorialCare and Boeing aspire to deliver a health care experience as well-engineered and trustworthy as the aerospace products designed and built by Boeing employees," says Barry Arbuckle, Ph.D., MemorialCare Health System President & CEO. "Every major initiative MemorialCare pursues is thoughtfully executed to prepare for transformative, value-based health care products for employers and health plans like the Boeing partnership."

Other Health Care Options for Employers

Learning from the Boeing model, MemorialCare is looking at other options for businesses of all sizes. "It's clear that innovative direct to employer plans like MemorialCare Health Alliance work well for large employers like Boeing," adds Arbuckle, "but we don't take a one-size fits all approach. Businesses of all sizes can choose from among several innovative health plan options designed to meet the needs of the employer and their employees." These include the Vivity HMO with Anthem Blue Cross, MemorialCare and six other leading Southern California health systems. Aetna Whole Health provides a PPO accountable care option that can deliver immediate and sustainable savings to employers. Like innovative direct-to-employee plans, success in these and other models is based on the ability to engage patients and impact the cost-of-care.

"Our 109-year history dedicated to rigorous pursuit of the highest quality care uniquely positions MemorialCare to deliver positive results whether driven by employers or health plans seeking greater value from health systems," adds Dr. Arbuckle. "Creation of the MemorialCare Physician Society decades ago focusing on evidence-based medicine; implementing electronic medical records for seamless integration among entities; embedding lean management throughout our culture; extensive, convenient, cost-effective community-based care; and strength in data and analytics allow us to offer employers an entire continuum of high quality, efficient and effective services with predictable costs and impressive outcomes."

Employers can visit MemorialCare.org/works or call 714-377-2997 for a free evaluation of your company's health care needs.





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An epileptic seizure is one of the most frightening events a child and family can endure. At the CHOC Children's Neuroscience Institute we offer state-of-the-art Epilepsy Monitoring Units in Orange and Mission Viejo, allowing our pediatric epileptologists to gather valuable data that helps determine where a child's seizures originate and how they spread in the brain. With this valuable information they can determine the best course of treatment for each patient – ranging from minimally invasive surgery and clinical trials, to alternative treatments. Recognized as one of the top 40 centers by *U.S. News & World Report* for neurology and neurosurgery, CHOC offers the only specialists in Orange County with training in both child neurology and clinical neurophysiology. **To learn more, visit choc.org/neuroscience**





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Holiday Season Can Be a Healthy Season, Too!

by Suzanne Richards, Chief Executive Officer of Healthcare Operations, KPC Health

As pumpkins start appearing on doorsteps, cranberry sauce and cinnamon sticks begin making their way to the front of the store, and Christmas music greets us wherever we turn, we know the holiday season has officially arrived. Although, while the season brings a time to celebrate, the holidays can also bring over-eating and potential weight gain. As a society, we spend much of the holidays enjoying Santa cookies, munching on leftover Halloween candy, and sometimes eating ourselves into food comas at Thanksgiving dinner. This explains why the average American's weight gain is one to two pounds during the Fall and Winter months each year. Over a lifetime, these pounds can really add up and not only affect our waistline, but also our overall health.

At KPC Health, our four Orange County hospitals treat patients who are experiencing the negative side effects of unhealthy habits and poor nutrition including diabetes, gastroesophageal reflux disease, cirrhosis of the liver, high blood pressure, and heart disease, to name a few. These illnesses can be prevented through good nutrition and a healthy lifestyle. However, with the holiday season inching closer and closer, we know this season can be the most difficult to maintain a healthy lifestyle. This is why we have provided a few tips and tricks that can help you enjoy the holidays, guilt-free.

Tips for Healthy Holiday Eating

1. Healthy holiday cooking is possible with the right direction. By substituting holiday recipes with healthier ingredients, or by implementing a few quick tricks, holiday cooking can be both delicious and nutritious.

- ▶ **Gravy** — To save an incredible 56 grams of fat per cup, refrigerate gravy before use. The cold temperature will harden the fat, which can then be skimmed off the top.
- ▶ **Turkey** — Enjoy delicious, roasted turkey breast on Thanksgiving without the guilt — and by guilt we mean the skin. Save 11 grams of saturated fat per 3oz serving by enjoying turkey without the skin.
- ▶ **Mashed Potatoes** — Try substituting whole milk with skim or lactose-free (i.e. almond, soy, cashew) milk. You can also substitute butter for garlic/garlic powder or chicken broth. Add some parmesan cheese (or lactose-free cheese for food allergies) and still save on calories and fat.
- ▶ **Healthy Eggnog Recipe** — Four bananas, 1-1/2 cups skim milk or soymilk, 1-1/2 cups plain nonfat yogurt, 1/4 teaspoon rum extract, and ground nutmeg. Blend all ingredients except nutmeg. Puree until smooth and then add nutmeg on top.
- ▶ **Pies and Desserts** — Substitute egg whites for whole eggs in baked goods recipes. You can also replace heavy cream with evaporated skim milk in cheesecakes and cream pies to reduce the fat sugar content.

2. Carve out pumpkins and time to exercise. While it may be especially hard to lose weight during the holiday season, it is important to plan some time each day for quick indoor or outdoor exercises. Even 10-15 minute brisk walks can help offset holiday weight gain. Living in Orange County, we are very fortunate that we can still enjoy the beautiful weather during these seasonal months. Try taking a walking tour of decorated houses in your area or in a popular neighborhood nearby, to not only enjoy the scenery, but also burn some extra calories.



Try a healthy substitute for Halloween candy, including individually wrapped granola bars, peanuts and beef jerky

3. Candy Alternatives: While we all enjoy some candy from time-to-time, Halloween is the number one holiday for candy sales each year. In fact, Americans consume more than seven billion pounds of candy during Halloween, per year. This year, substitute the trick-or-treat sweets for some healthier options, including individually wrapped nuts, pretzels, beef jerky or granola bars.

4. Don't skip meals. It may seem strange, since skipping meals should mean you are eating less calories. However, an empty stomach can lead to overeating. In the throes of hunger, you are more than likely to overindulge and eat a lot more than you typically would. A great tip that our doctors recommend is to eat a healthy snack, like hummus and carrots or an apple, on your way to a dinner party. By doing so, you'll feel a lot less tempted to munch on unhealthy foods or overindulge.

5. Beverages are food, too! Not only is it important to drink responsibly during the holidays, but it is equally important to monitor what types of you drink you consume during the season. Alcohol and sugary drinks, such as milkshakes, induce overeating; they are full of sugar and other chemicals that wire our brains to want more food — especially more sugar. Easy tip to follow: allow yourself 1-2 "non-water" drinks, and then stick to water the rest of the day. You'll feel more full, stay hydrated, and intake significantly less sugar and calories this way.

6. Plan before you eat. If you're in a buffet-style or family-style eating situation, scope out your options before making a plate. You can sample whatever you like, but when it is time to make your meal, make sure to choose wisely.

Choose foods that offer a more balanced plate, such as: turkey breast, chicken breast, steamed vegetables, plain potatoes, whole-grain rice or pastas, and fresh fruit for dessert.

Avoid foods high in fat and sugar, such as: gravy, bread pudding, beef, pie, cake, candy, eggnog, stuffing, and alcoholic/sugary beverages.

KPC Health and our renowned physicians, nurses, dieticians, and other staff understand the importance of enjoying the holiday season and we hope that these tips have provided you with some fun alternatives as you gear up for the holidays. Our commitment to health is exemplified not only throughout the holiday season, but also through our nutritional health services at our Southern California community hospitals. On a daily basis, we offer lean protein snacks for our Emergency Response team members, provide heart healthy meals for our physicians, and deliver nutritional health consultations to every patient.

From all of us at KPC Health, we sincerely wish you all very happy, and healthy, holiday season.

For more information, contact KPC Health, 1301 N. Tustin Ave, Santa Ana, CA 92705, 714.953.3652.



Nichelle Beat, RD, Director, Food & Nutrition Services, Orange County and Anaheim Global Medical Centers

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MemorialCare was chosen by The Boeing Company to create the MemorialCare Health Alliance, a customized, first-of-its-kind health plan option in Southern California.

For solutions to your company's health care needs, visit MemorialCare.org/works or call **714-377-2997**.



UCI Executive Health Program: Comprehensive, Convenient and Designed for Busy Professionals

The UCI Executive Health Program offers an approach to wellness for people of all ages and backgrounds. Although very robust, it's time-efficient and takes, on average, just three hours to complete. The visit begins with a blood sample for a comprehensive lab panel that surpasses standard medicine to look for risk factors to address problems before they start. You have the option to either have these labs drawn ahead of the visit or during the visit itself. A healthy snack is provided afterwards to help you participate in the fitness evaluation and stress test.

The exam then begins with an in-depth discussion with a physician specializing in Internal Medicine, who focuses on lifestyle-based prevention. Your pre-existing medical conditions, family history, nutrition and exercise habits will be addressed in great detail. Questions are encouraged at every step of the evaluation. The discussion is followed by comprehensive physical examination of all of your major organ systems including your nervous system, heart, lungs, skin and more. Additionally, to ensure optimal joint health we offer a seven-point Functional Movement Screen by an FMS-1 certified physician.

Following the physical examination, you can participate in further diagnostic

assessments, such as hearing, vision, lung function, fitness and an exercise stress test. This requires that you walk and/or run on a treadmill while a continuous electrocardiogram tracing of your heart is monitored with the physician at your side. The treadmill workload increases until you reach your target heart rate, a process that averages 10 minutes. With this, we may discover underlying and unknown heart disease, determine your fitness relative to others, and even predict your risk of heart attack over the next 10 years. Furthermore, we offer radiation-free, on-site carotid artery ultrasound with which we can look directly at your neck arteries for blockages and other features that put you at risk of stroke – risks which may not have been discovered by the treadmill stress test or in the lab work.

When the visit concludes, your physician will create a personalized report including an action plan tailored to maximize your quality of life and longevity. The details and plan are discussed with you in detail in a follow-up visit which, depending on your preference, can be done either in person or over the phone. Copies of all tests and recommendations are provided to you.

For additional information about the UCI Executive Health Program, please call 714.427.5832 or visit our website at ucirvinehealth.org/executivehealth.

SUSAN HELLER, MD

Susan Heller, MD is a Board Certified Internal Medicine Specialist with more than 25 years' experience in patient care. She is devoted to helping patients gain a clear understanding of their health, and guiding them as they take steps to improve it.



TRAVIS NESBIT, MD

Travis Nesbit, MD is an Internal Medicine Specialist who recently joined the UCI Executive Health practice. Dr. Nesbit completed both medical school and his residency at UCI. He was a personal trainer before entering medical school, and has a unique, prevention-oriented perspective and a desire to work in collaboration with his patients to help them meet their health care goals.



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Aliso Healthcare Park

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Aliso Healthcare Park presents a unique opportunity for healthcare providers in an area of Southern California that is thriving. The campus sits amidst an Orange County sub-market that has experienced strong employment growth this year and fundamentals across the entire county are surpassing those in the previous cycle.

Aliso Viejo is a prime example of this exceptional growth. Just 6.5 miles to the Pacific Ocean, the master-planned community of Aliso Viejo is currently home to over 48,000 residents and 18,867 housing units. Aliso Viejo and the surrounding communities are likely to continue to grow. Any healthcare provider looking to serve this regional area will find in Aliso Healthcare Park the unique opportunity for state-of-the-art build-to-suit projects, with sites still available for sale ranging from 1 acre to 5 acres.

New occupants will join Kaiser, Signature Healthcare, Belmont Village, and Vintage Aliso in rounding out one of the most dynamic healthcare campuses in the county. Signature Healthcare Services is the operator for a 76,200 square-foot, 120-bed behavioral health facility developed on 3.77 acres and owned by G & L Realty. Belmont Village Senior Living acquired 3.87 acres and will develop a 126,000 square-foot, 178-bed, managed-care facility, while Kaiser Permanente will develop a 43,000 square-foot outpatient medical office building. To round out the

project, USA Properties Fund is developing Vintage Aliso, a 200 unit senior apartment community, directly adjacent to their existing 200 unit property.

The 25.6 acre Aliso Healthcare Park is being developed by CT Realty on a parcel formerly owned by the US Postal Service, a transaction facilitated by the CBRE team. "Aliso Viejo is recognized for its civic and educational facilities, diverse shopping and great restaurants, landscaped parkways and low crime rates," said Immel. "A high-end medical campus, such as Aliso Healthcare Park, will fit right into this community and will no-doubt be the primary go-to for Aliso Viejo and surrounding cities medical needs in this area."



About CT Realty

CT Realty ("CTR") is a fully integrated real estate investment, development and management company that has acquired, developed and repositioned in excess of 13 million square feet of office, industrial, multi-family, self-storage, and retail properties across Northern and Southern California. Founded in 1994, the company is headquartered in Newport Beach, California.

The breadth, depth and acumen of CTR's team of professionals allows them to maximize value in every facet of acquisition, development and management.



Aliso Healthcare Park is exclusively marketed by Larry Schuler, Casey Immel, Keith Black and Gregg Haly of CBRE, Inc. For additional information, please contact the Newport Beach office of CBRE Inc., CT's exclusive representatives can be reached at 949.725.8500.



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