

Executive Health & Fitness Advertising Feature



Wishing You Happy and Healthy Holidays

by Suzanne Richards, CEO of Healthcare Operations, KPC Health

Holiday season is a time of celebration, joy, and making memories with loved ones, but it can also mean the beginning of our annual influenza “flu” season. According to the Centers for Disease Control and Prevention (CDC), flu seasons can vary in timing, severity, and duration from one year to another. However, the season itself is inevitable during the fall, winter and spring months; typically lasting from October well into May. Because of these long periods of time, the CDC actively urges everyone, over the age of six months, to get the flu vaccine as soon as the cold weather hits. Lucky for those of us who call Orange County home, we are just now beginning to experience the cold weather. In agreement with CDC’s guidelines, our caring and hard-working physicians, nurses, and hospital staff at KPC Health kindly urge the public to acquire the flu vaccine as soon as possible.

You may be wondering: Why does cold weather accelerate flu-like symptoms and flu diagnoses? First, cold weather forces people to be indoors more often, which typically means closer contact with one another. In close proximities, diseases can be easily transmitted from one person to another. Second, with cloudy weather, we lose our standard Vitamin D from ultraviolet rays. Without Vitamin D, our immune system weakens and is more susceptible to common illnesses like the flu. Lastly, cold temperatures lead to drier weather, causing stuffy noses and a weakened respiratory system. For these reasons, as well as the CDC’s recommendations, our physicians and nurses recommend flu vaccination.

The flu vaccine is a safe, easily accessible vaccination that protects against the common flu by administering small doses of the influenza virus strand. The vaccine is developed twice a year, as the influenza virus rapidly changes. Vaccinations are routinely administered at drug store pharmacies; however, you can also schedule an appointment with your primary care physician. Side effects of the flu vaccine may include: soreness or swelling of the injection site, a low-grade fever, aches, and nausea. These are normal side effects and should subside in a few days. If they do not, please contact your primary care physician.

Should you or a loved one contract flu-like symptoms after regularly scheduled doctor’s hours, and need immediate care, our four Orange County facilities’ 24-hour emergency services are well-equipped, and offer personalized treatment options.

Tips for Healthy Holiday Eating

Although the holiday season brings sleigh bells, Christmas music, and celebrations, the holidays can also cause over-eating and potential weight gain. As a society, we spend so much of the holidays gorging on Santa cookies, drinking our weight in eggnog, and filling ourselves with Christmas snacks; it is no wonder American’s weight gain, on average, is one to two pounds per person 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 bad health habits and poor nutrition including: diabetes, gastroesophageal reflux disease (GERD), cirrhosis of the



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liver, high blood pressure, and heart disease, to name a few. These illnesses can be prevented through good nutrition and a healthy lifestyle, which is why we have provided a few tips and tricks that can help you enjoy the holidays, guilt-free.

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. These are our favorite low-fat cheesecake substitutions, loved and used by many of our physicians and staff:

Substitute standard butter for unsalted. You can also switch out cream cheese and sour cream with reduced-fat options. Bonus: ditch the yoke and try substituting egg whites into your recipe.

2. Spend time with your loved ones and with your gym friends. 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 minutes of a brisk walk 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.

3. 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 eggnog, 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.

4. Gift-giving doesn’t have to be unhealthy either. Instead of a binge-worthy Netflix subscription, our physicians and dieticians gave us some of their favorite gift giving ideas that encourage a healthy lifestyle. These include: gym and/or yoga memberships, running shoes/clothes, swimming goggles, exercise videos, tennis or golf balls, and healthy recipe cookbooks.

5. Bring a healthy dish. If you’re attending a potluck or family-style event, make sure to follow the tips above and bring a dish that is not only enjoyable, but also won’t leave guests stressed about what they are eating.

We hope that these tips provide you with some fun alternatives as you enjoy the upcoming holidays. From all of us at KPC Health, we sincerely wish you all very happy, and healthy, holiday season.

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Executive Health & Fitness Advertising Feature

The New Model of Health Care and How It Will Improve Costs for Employers

Q&A with the CEO of St. Joseph Hoag Health

Q: Does the cost of health care correlate to the patient's health?

Dr. Afable: Cost does correlate to a patient's health status. Insurers are now saying, "We agree, so let's create new programs by which we, the payer, can work with you, the employer, to improve the health of your employees." And employers see a reduction in costs and an increase in productivity because their employees are healthier and happier.

At St. Joseph Hoag Health, we are partnering with insurers, brokers and employers to build health programs specifically tailored to employees. Our collaboration optimizes clinical outcomes and service because we are converging around the consumer. The improved clinical outcomes, or health, results in decreased costs.

Research has shown that healthy employees are better able to contribute to long-term company goals: productivity, lower costs (or better affordability) and a better relationship with employees. This new model of care provides a better solution to address the needs of employers. The new value proposition involves integration and convergence on the employee — as opposed to separate systems, which are less than ideal.

Q: The new model for care seems to eliminate the misconception that health providers want to hospitalize patients just to make money. Is this a more comprehensive approach to health care?

Dr. Afable: Absolutely. By bringing all parties together, we have a greater opportunity to innovate and find new ways to improve health, reduce cost, improve service and enhance the overall experience for employer and employee. By continuing to innovate, we'll continue to improve outcomes. Employers are asking employees to take a more active role in their own

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health and it's working.

Q: How does this convergence around employees work in practice?

Dr. Afable: St. Joseph Hoag Health analyzed claims data for Western Digital to create a customized program that would meet the specific

needs of employees. Our analysis revealed some common problems that were afflicting employees and driving up health care costs. In collaboration with Western Digital and the broker-consultant, we built specific programs and services at their on-site wellness clinic to address the issues and avoid unnecessary procedures. Before, this would have hurt our financial model by reducing the number of surgeries, procedures, and imaging studies that we, as a health provider, would have done. Instead, this program has reduced the number of expensive procedures and studies. And we're happy for it, because we have alignment around our partnership — the new business model rewards better health resulting in fewer surgeries, procedures, and imaging studies that we, as a health provider, would have done.



Dr. Richard Afable

St. Joseph Hoag Health is committed to keeping our communities healthy, and this new model is helping to make that a reality. A health plan that includes access to St. Joseph Hoag Health means access to 1,600 top doctors and specialists, all at an affordable price. This network includes access to Hoag, Mission, St. Joseph, St. Jude, CHOC Children's and 25 urgent care clinics across the region.

Make sure your organization has access to the St. Joseph Hoag Health network of care. Contact Shelly.Summers@stjoe.org or 949.381.4777.

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

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UC Irvine's Executive Health Program

UC Irvine's Executive Health Program is focused on prevention because declines in health are easy to overlook. Many people "feel fine" yet develop dangerous chronic diseases, such as high blood pressure, high cholesterol and diabetes, increasing their risk of developing stroke, heart attack, cancer and more. Luckily, about 90% of chronic disease is preventable with good lifestyle decisions.

To take charge of your health, you need to know the following: What is my current state of health? What can I expect my future health to be like? What can I do now to maximize my health and longevity?

A comprehensive evaluation through the UC Irvine Executive Health Program answers these questions. In less than three hours, you will experience a comprehensive, customizable, yet efficient, examination which includes advanced laboratory analyses, treadmill fitness testing, carotid artery ultrasound and a Functional Movement Screen™. From this, a detailed assessment of your current state of health is made. You will learn your risk of developing an activity-related injury, your estimated risk of heart attack and stroke, and whether cardiovascular disease is currently present, but undetected. You will learn how fit you are compared to others your age.

With this knowledge, you can make the necessary changes to live a longer, stronger and healthier life. Most of our patients prefer to change their lifestyles versus take medications, and we support that whole-heartedly. In the event that medication is necessary, our physicians are board-certified Internal Medicine specialists who can handle this for you as well.

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



Travis Nesbit, MD



Susan Heller, MD

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