

# HEALTHCARE

CUSTOM CONTENT • May 20, 2024



# City of Hope Offers Orange County's Most Advanced Treatments for Prostate Cancer



Prostate cancer is the second most common cancer among men in the United States and the most common cancer in men over 50. In fact, one in seven men will be diagnosed with prostate cancer in their lifetime.

Although incidence rates are high, there is reason for hope for the future of prostate cancer in Orange County and nationwide. “Prostate cancer is highly treatable when caught early and when care is provided by highly trained, specialized experts using the most advanced treatments and technologies available,” says Jeffrey S. Yoshida, M.D., the medical director of urologic surgery at City of Hope Orange County.

Yoshida is nationally recognized for his expertise and exceptional patient care. He has performed nearly 4,000 robotic surgical procedures on the state-of-the-art da Vinci robotic system for patients with prostate cancer who require surgical intervention.

“For many patients, minimally invasive surgery is a common treatment option,” Yoshida says. “Robotic surgery typically offers patients fewer side effects and faster recovery. City of Hope pioneered these procedures and has performed thousands of robotic surgeries for prostate and other urologic cancers, more than any other hospital in the western United States.”

## Innovative Biopsy Method

City of Hope Orange County is the only cancer center in the region offering the gold standard of prostate cancer testing: targeted, transperineal prostate biopsies.

This new biopsy method is more comfortable for the patient, highly effective in diagnosing cancer and may reduce any anxiety connected to prostate cancer screening. The biopsy procedures are performed by Yoshida and his team at City of Hope Orange County Lennar Foundation Cancer Center — the most advanced comprehensive cancer center in Orange County.

By combining this biopsy with special MRI scans, City of Hope Orange County can increase the accuracy of detecting abnormalities in the prostate, reducing

the likelihood of false negatives and the need for subsequent biopsies.

For men who cannot have an MRI, City of Hope Orange County is the only facility in the region to offer PSMA PET-ultrasound fusion prostate biopsy — a capability that is greatly improving prostate cancer surveillance strategies.

Not all patients coming to City of Hope Orange County will need to undergo a biopsy. While many physicians believe a biopsy is the first approach for diagnosing the presence of cancer, Yoshida takes the extra step of evaluating the patient with other tests to determine if a biopsy is necessary.

Yoshida’s team takes a comprehensive and multidisciplinary approach to prostate cancer treatment. Because City of Hope Orange County provides comprehensive services at its Irvine campus, patients receive highly coordinated care and can often see multiple specialists at the cancer center in the same day.

## Renowned Prostate Cancer Treatment

City of Hope has one of the largest prostate cancer programs in the Western United States. Our five-year survival rate is close to 100% and we offer superior outcomes for stages 1-4 prostate cancer.

City of Hope also offers patients greater access to many prostate cancer clinical studies, from identifying biomarkers for better cancer detection to using reengineered immune cells to target prostate cancer throughout the body.

Our physicians and researchers are developing and evaluating new therapies for prostate cancer that travel from the lab to patients with lifesaving speed.

Discoveries made at City of Hope impact more than 100 million lives around the world annually. When cancer and only cancer is the focus, survival happens. First in research. First in treatment. First in survival.

**When it comes to cancer, it's Hope First.**  
**888.333.HOPE (4673) | [CityofHope.org/OC](https://www.cityofhope.org/OC)**



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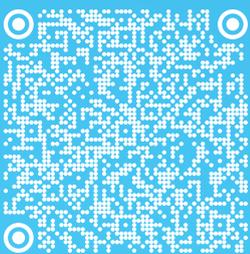
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# AI is Making Waves in Health Care

*Artificial intelligence (AI) has become deeply embedded into our daily lives, though many don't realize it.*

In a survey conducted by Pew Research Center last year, 44% of respondents believe they do not regularly interact with AI.

Yet, AI recommends shows to stream, powers chatbots to answer customer inquiries, and analyzes data from our wearable fitness trackers. In reality, AI has been increasingly integrated in consumers' daily lives for years.

In health care, AI's rapid advancement has enormous transformative potential. AI tools aim to enhance capabilities in diagnosing, treating disease, and alleviating human suffering.

"At MemorialCare, we've harnessed innovative AI tools to revolutionize how we deliver care," says David Kim, M.D., CEO, MemorialCare Medical Foundation, and executive vice president, MemorialCare Clinical Institutes. "With the help of AI, for example, we've been able to offer 24/7 virtual care, and we have completed more than 750,000 virtual care visits since 2020, offering patients enhanced access and convenience, and often eliminating the need for in-person appointments."

In its most recent efforts, MemorialCare is piloting a new AI tool specifically developed for the health care industry. Abridge is an AI platform developed with "ambient listening" capabilities to transcribe patient-clinician conversations into structured clinical notes in real-time.

Initial results are showing that with this more streamlined process of capturing key information during the patient's visit, physicians are able to spend less time on administrative tasks, and more time interacting directly with their patients.

Abridge is just one of many ways MemorialCare is embracing AI's potential. MemorialCare is utilizing AI to power eConsults for their patients. MemorialCare's virtual chatbot assistant Mila, which can be accessed by smartphone or through MemorialCare's website, is multilingual in English, Spanish, Korean, Mandarin and Vietnamese to better serve a diverse patient population. If a specialist has been referred to a patient, Mila will text them to schedule an appointment. Mila can also connect patients directly with symptom checkers, identify website resources that will help patients learn more about their condition and possible treatment options, and help search for providers, as well as connect patients directly to MemorialCare's Navigation Center for 24/7 support.

Through the help of AI technology, MemorialCare continues to enhance its capabilities to serve its patients throughout Southern California.

"At the end of the day, health care is deeply personal, and over time, administrative burdens have too often gotten in the way of that patient-clinician connection," says Dr. Kim. "AI-enabled technology will allow us to help restore some critical aspects of that relationship, transforming health care to restore the joy of medicine to both the patient and the clinician. We're committed to being at the forefront of this technology for the future and for our patients."



# What if You Could Offer Better Care For Less?

MemorialCare is the region's leader in value-based health care, with products that hold us accountable for delivering exceptional care and service at a reduced cost. Our track record demonstrates significant savings for employers who choose an HMO, PPO or EPO value-based plan that we participate in – either through traditional health plan carriers, such as Aetna, or our direct-to-employer model with Centivo.

## Put Your Employees' Health in Caring Hands

**Caring is Our Calling.** Keeping your employees healthy is our top priority. Our plans include access to hundreds of award-winning primary care physicians and thousands of specialists; convenient centers for urgent care (both in-person and virtual), imaging and surgery; and health and wellness programs that focus on preventative care. Our 24/7 navigation center and nurse hotline mean help is only a phone call away.

Contact us today. Let us help you find the right solution for your business and employees.



Learn more about our employer health plans.  
[memorialcare.org/b2b](https://www.memorialcare.org/b2b)

# Advancing health equity and eliminating disparities

While significant progress has been made in advancing health equity, disparities in care persist for far too many people.

Biases and discrimination lead to poorer health outcomes and diminished quality of life, posing serious threats to employee engagement and work performance. All your employees deserve high-quality, equitable care – which Kaiser Permanente is proven to deliver.

## Identifying disparities and enabling better care

Measuring health outcomes by race and ethnicity provides valuable data. At Kaiser Permanente, we have complete race, ethnicity, and language data on 82% of our members and counting. When the data reveals disparities between people of different demographics, we close those health gaps through targeted outreach, culturally responsive care, and meaningful steps to improve clinical performance to better serve our diverse members.

Outside Kaiser Permanente, only 24% of commercial health plans have complete race data on their members, and a mere 6% have complete ethnicity data.<sup>1</sup> And fewer than one-third of non-Kaiser Permanente hospitals that collect this data are proactively using it to help improve their care delivery.<sup>2</sup>

## Work with a health leader devoted to promoting health equity

In addition to delivering equitable care and integrated clinical health support to your employees, Kaiser Permanente can also help you implement wellness solutions to address health inequity head-on – and empower your employees to be as healthy as they can be.

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1 Rachel Harrington et al., “A New Effort to Address Racial and Ethnic Disparities in Care Through Quality Measurement,” Health Affairs Blog, September 9, 2021.

2 “Health Equity Snapshot: A Toolkit for Action,” Institute for Diversity and Health Equity, American Hospital Association, December 2020.



## Choose a health care leader that's better for your business today – and tomorrow

To be truly healthy, your employees need access to equitable health care. Offering this essential to your workforce can help you retain and attract a diverse team, boost employee engagement, and lower your health care costs. By working with a leader that promotes health equity and better outcomes, you can give your business a powerful competitive edge.

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# Hoag Orthopedic Institute Leads the Nation as #4 for Total Joint Replacement Surgery

Hoag Orthopedic Institute (HOI) continues to be a preeminent leader in spine and orthopedic care, and remains a leader in joint replacements. HOI performs more joint replacements than any other institution on the West Coast and the 4th most in the nation, consistently over the past 10 years.

According to HOI's Division Chief of Joint Replacement, Nader Nassif, MD, the reason for the success of the program comes down to research and education, innovation, and patient experience.

"Over the past decade, HOI has been really involved in education and research from teaching the next generation of surgeons through our fellowships. We are continually improving our processes and technology and evaluating our patients for optimal outcomes," said Dr. Nassif.

Innovation has also been key, from developing a same day surgery program, for joint replacements at HOI hospital (based on key criteria and evaluated for appropriate patients), to adding robot technology to assist with joint replacements at both the surgery centers and hospital.

"Robots in general don't make a surgeon better, but the next generation of robotic devices have the potential to augment a good surgeon's skill because they are compact, easy to use and can help assist with more precision during surgery," added Dr. Nassif.

Dr. Nassif said that the robot can provide more precision for each case. "It helps dial in the delicate balance and alignment that we strive for during the procedure," he added. "Analyzing our outcomes over time will allow us to determine whether or not robotic technology will improve our results in the future."

HOI currently has robotic devices in use at the surgery centers in Mission Viejo, Orange, Marina del Rey and HOI hospital.

## **Same Day Surgery: Hospital and Outpatient Surgery Centers**

As the leading provider of joint replacements on the West Coast, and top 4 in the nation, HOI has been at the forefront of enhanced recovery protocols that allow patients to be discharged home on the same day of their hip or knee replacement surgery.

As demand for outpatient surgery increased, the innovative culture at HOI yielded development and adoption of new surgical and anesthetic protocols which resulted in an increase in volume of joint replacements and other surgeries at the hospital and four ambulatory surgery centers (ASCs). According to a recent report by Orthopedic Network News, Hoag Orthopedic Institute performs the highest volume of outpatient

joint replacements of any organization at 73% of total volume.

The move to outpatient total joint procedures has grown since 2015, starting with HOI's Enhanced Recovery Program and transitioning to the Day of Surgery Discharge Program, where a specific set of specially trained orthopedic nurses oversee the discharge of patients the same day of their surgery.

"The key to our joint replacement program success is ensuring that we have the appropriate criteria for identifying the patients who are candidates for same-day discharge," shared Dr. Nassif.

One of the most important components for HOI's Day of Surgery Discharge patients is that they meet specific criteria for discharge. This includes having a dedicated support person who can assist patients with the discharge to home instructions, and support them in their recovery at home. HOI's nursing team works with physical therapists, case managers and nurse practitioners to ensure the patient is medically safe and comfortable with their discharge, otherwise patients will spend one night in the hospital.

Specific pre- and post-surgery guidelines were developed by the HOI team to facilitate an enhanced patient experience. The modifications include improved preoperative hydration to reduce nausea, improved pain protocols, and elimination of catheters and drains. These changes have helped to decrease pain and complications after surgery. In addition, at-home physical therapy begins the day after discharge, and patients have multiple follow up appointments at their surgeon's office to ensure they are healing appropriately.

Today, approximately 42% of all total joint replacement patients now go home on the same day as surgery, and 92% are discharged in less than 48 hours. With HOI's foundation and knowledge of enhanced recovery and same-day discharge, HOI surgeons have successfully transitioned more patients to a rapid recovery pathway with the same excellent outcomes.

## **When it comes to orthopedic and spine care, no one is better at getting you Back to You.**

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BACK TO YOU.**

HOAG ORTHOPEDIC INSTITUTE

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- Rated in the Top 1% of hospitals recommended by patients.
- Proudly founded by our premier physicians in partnership with Hoag.
- Fellowship and specialty trained physicians and nurses focused exclusively on orthopedic and spine care.



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## Philanthropy helps advance after-hours healthcare for kids in Orange County

Children are not just little adults, and their healthcare needs require pediatric expertise. And a child's illness or injury isn't confined to weekdays, between the hours of 8 a.m. to 5 p.m. With an estimated 40% of pediatric ER visits made for non-emergency needs, Orange County families require more options for pediatric-specific urgent care services.

Thanks to a deeply generous \$6 million grant from the Tsao Family Foundation, Children's Hospital of Orange County (CHOC) will open a new pediatric-only urgent care to expand urgent care services to families in more South Orange County communities. CHOC is the only free-standing children's health system in the county, and the new urgent care is an essential part of its vision to expand services over the next five years.

"We strive to be pioneers with our philanthropic investments in education, health and well-being and arts and culture," said Janie Tsao. "As a family, we understand the importance of catalyzing new or better systems of care through our willingness to launch proof-of-concept models that support better access to quality health resources for at-risk families. We desire to inspire other donors and grant makers to join forces with us and help scale these pioneering models."

Known for its mission to instill hope and help people realize there is always a path forward, the Tsao Family Foundation has a long history with CHOC through a shared dedication to children's well-being. Most recently, the family foundation blazed a trail for school-based mental health services through a \$2 million grant to CHOC to establish 17 WellSpaces on campuses in the Irvine Unified School District. Each location features a beautifully designed room where students can process their thoughts and emotions during the school day. The positive impact on emotional wellness is profound.

For all that CHOC and the Tsao Family Foundation have accomplished so far, the next challenge has become clear: enhancing pediatric urgent care.

### Taking action, finding a solution

For 60 years, CHOC has been a place of healing and where the whole family's well-being is prioritized. But when *urgent* illness or injury happens after hours, many families have opted to use CHOC's Julia and George Argyros Emergency Department—a dilemma the Tsao family knew firsthand.

"As a relatively new mother, I had to grapple with the powerful sense of responsibility to protect my child's well-being and ability to thrive," said Yeshin Tsao. "My firsthand experiences of dealing with the challenges of finding quality pediatric urgent care during off-hours in Orange County inspired our family foundation to take action on this issue."

CHOC estimates the new urgent care will receive upwards of 12,000 pediatric visits each year, seeing to patients' immediate health challenges while relieving the strain on CHOC's emergency department.

"The Tsao Family Foundation has put its compassion into action by helping advance CHOC's ability to care for the myriad reasons children need care, regardless of time of day or a family's ability to pay," said Anita Sankaran Piskun, CHOC's vice president of primary care. "Because of the Tsao's generosity, we look forward to serving the urgent medical needs of more children and their families."

### Open for kids, connected to a pediatric system

The new urgent care will be a vital part of CHOC's signature continuum of pediatric care, fully integrated with CHOC's physicians, primary care, specialty practices, emergency department and hospitalists.

"It is so important that our medical teams remain up to date on all aspects of a patient's care wherever an appointment or visit occurs," explained Piskun. "This helps ensure the best outcome for each child."

### Philanthropy moves the needle on health and hope

The draw of CHOC is natural, with more than two million children relying on its expertise and its mission to nurture, advance and protect kids' health and well-being. The nonprofit, pediatric health system has two growing campuses in Orange and Mission Viejo; a wide-reaching network of primary care and specialty practices; five centers of excellence in cancer, neuroscience, research, cardiology and orthopaedics; and eight nationally ranked specialties recognized by *U.S. News & World Report*. CHOC has proven itself to be a leading, trusted authority in pediatric medicine.

"This investment will significantly impact our community by easing the burden placed on emergency services and reducing wait times for families seeking care for their children," said Yvonne Tsao. "By investing in pediatric urgent care, we are not only enhancing healthcare accessibility for families but also optimizing the utilization of emergency resources, leading to a more efficient and effective healthcare system for our community."

*Partnerships with the Tsao Family Foundation and other community supporters are lighting the way forward for families in need of urgent and other care, giving them access to personalized treatment when they need it. Philanthropic support fuels, expands and advances CHOC's work in pediatric medicine. Become a defender of childhood and take giant steps with CHOC as, together, we care for our communities. Donate now. [choc.org/give](http://choc.org/give)*

# Philanthropy moves the needle on health and hope.

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Thank you,  
Tsao Family Foundation!

Your generosity will expand pediatric urgent care options for families in Orange County. Your kindness means families will have access to the highest levels of care in a compassionate environment that's close to home. You are our heroes!





# CalOptima Health Insures 935,000 OC Residents

**CalOptima Health provides health insurance to Orange County's most vulnerable, low-income residents. CalOptima Health serves nearly one in three residents — a major portion of the community.**

In operation for the past 29 years, CalOptima Health is now focused on growth and innovation, launching specialized efforts to deepen our commitment to caring. Here are just a few recent examples of impactful activities.

## Preventing Cancer

Cancer can be devastating, and CalOptima Health cares about preventing members from facing the worst of the disease. In 2024, we are embarking on a \$50.1 million effort aimed at reducing the incidence of late-stage breast, cervical, colon and certain lung cancers. The goal is to have Orange County lead the nation with the lowest rates of these cancers, which are relatively easy to detect and are treatable when found in the early stages.

## Building Food Security

Food is health, and we care that our members have access to healthy choices. For the past year, CalOptima Health has been working with the County of Orange Social Services Agency



*Mission Viejo-based Celebrating Life Community Health Center cares for the underserved.*

## Boosting Community Health Centers

In 2022, CalOptima Health awarded \$50 million in a five-year grant to the Coalition of Orange County Community Health Centers to enhance access to care, improve quality outcomes and strengthen the infrastructure of the health care safety net system across the county.

## Expanding Homeless Health Services

Caring and compassion blend with innovation and determination when it comes to CalOptima Health's efforts in serving our members experiencing homelessness. This past year, we launched a variety of services designed to support Medi-Cal members in becoming housed. In April 2023, we rolled out Orange County's first Street Medicine Program in Garden Grove, building trust and delivering care where members are. Based on that success, the program will launch in Anaheim and Costa Mesa in August 2024.

## Strengthening Children's Mental Health

The pandemic took a heavy toll on children's mental health, and CalOptima Health is partnering with all 29 Orange County school districts to boost access to mental health care. Through a state incentive program, up to \$25 million will fund behavioral health system improvements and open the door for Medi-Cal reimbursement of services delivered at school. This year, look for significant new resources at schools, putting more counselors, wellness programs, telehealth services, crisis screenings and other programs within reach.



*CalOptima Health members attend a community event about CalFresh.*

to encourage enrollment in CalFresh, California's program offering food assistance to low-income people. A multifaceted outreach effort is building awareness about the importance of food security, and thousands of CalOptima Health members have gained resources to help prevent hunger and maintain reliable access to food.

## CalOptima Health Meets Members Where They Are

CalOptima Health is a community-based health plan with members who live in all 34 Orange County cities, so we make it a priority to reach members where they are across Orange County. We connect with local communities by raising awareness about our services, hosting events that provide needed resources and cultivating partnerships with organizations that serve diverse populations.

In 2023, we held six major health fairs to welcome members to renew their Medi-Cal, enroll in CalFresh and gather resources for their families. Nearly 12,000 members attended the Saturday morning festivities. With the help of more than 100 community organizations who participated in the events, we distributed important health information along with more than 2,800 cases of diapers and 4,200 boxes of food. CalOptima Health also held a special back-to-school event to prepare children for a new year of learning by providing free vision and dental exams, sports physicals, school supplies, bike helmets, and haircuts.

This year is off to a strong start as well, as CalOptima Health has already gathered members for health fairs at local high schools and parks and held our first-ever event at a community college. To fulfill our mission, we are dedicated to being available in all parts of Orange County to serve our vulnerable friends and neighbors.





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## **Focused on healthy futures**

◆ **Access to Care**   ◆ **Support Services**   ◆ **Whole Person Health**

As the largest health plan in Orange County, we know healthy futures depend on more than medical care. No matter your age, life circumstances affect health. We remove barriers that hold health back, supporting members in need with access to preventive care, housing services, food security and much more. Because your health is everything to us.

**caloptima.org**

CalOptima Health, A Public Agency





# UCI Health – Irvine opens its first building

When the new Irvine medical complex opened its doors to patients on April 30, UCI Health expanded the power of academic medicine to coastal and south Orange County, fundamentally changing the region's healthcare landscape.

The Joe C. Wen & Family Center for Advanced Care, the first of three state-of-the-art buildings to open at the UCI Health – Irvine campus, offers primary and specialty outpatient care for adults and children, all conveniently located under one roof at Jamboree Road and Birch Street.

A key mission of the Wen center is to deliver the finest multidisciplinary care in a setting that emphasizes convenience and comfort. Many patient needs can be met during a single trip, including physician visits, laboratory tests and imaging.

"The Joe C. Wen & Family Center for Advanced Care will provide access to comprehensive outpatient care in critical clinical specialties that are only available from an academic health system," says Chad T. Lefteris, president and chief executive officer of UCI Health.

Construction of the \$221 million, 168,000-square-foot facility was approved by the University of California Board of Regents in August 2020. It was augmented by a \$20 million gift from Joe C. Wen and his family. Wen is the founder and chief executive of Sakura Paper Inc., a division of Formosa Ltd. The gift is one of the largest ever to the University of California, Irvine.

## A nexus of leading-edge care

The five-story Wen center is divided into spaces devoted to pediatric primary and specialty care, adult primary care and a broad range of adult specialty care. They include digestive health specialties, cardiovascular care, endocrinology, gynecology, neurology, neurosurgery, orthopaedics, pain, spine, sports medicine as well as ear, nose and throat services.

Comprehensive lab and imaging services are located on the first floor, as is the new home of the UCI Health Center for Autism & Neurodevelopmental Disorders.

An urgent care center staffed seven days a week by emergency medicine physicians occupies a wing of the ground floor with its own entrance. Patients and visitors can also relax in an airy cafe or outdoor garden area. In addition, an adjacent 800-space parking structure allows quick access to Wen center services.

## Coming soon

The second phase of the \$1.3 billion Irvine medical complex, the Chao Family Comprehensive Cancer Center and Ambulatory Care building, will open to patients in July.

Together, the Wen and cancer centers will foster research efforts – the foundation of an academic health system – giving patients access to the latest, most promising new therapies unavailable elsewhere.

The final phase of the Irvine medical complex will be a 144-bed acute care hospital, complete with a 24-hour emergency department. It is scheduled to open in 2025.

"This medical center will have a such positive impact on so many lives," says Donna Hurt, director of ambulatory care administration, who has helped oversee staffing and service operations for the Wen center. "I'm honored to be a part of such great work."

To learn more or to make an appointment, visit [ucihealth.org/wencenter](https://ucihealth.org/wencenter)

**UCI Health**



*artist's rendering*

## Now open in Irvine

# Joe C. Wen & Family Center for Advanced Care

Experience compassionate, expert care delivered by Orange County's only academic health system.

Our team of nationally regarded physicians, nurses, researchers and clinicians are ready to welcome you and your family.

**To learn more or to make an appointment, visit [ucihealth.org/wecenter](https://ucihealth.org/wecenter)**

## UCI Health



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Morris is proud to announce that they recently finished building another state-of-the-art fertility clinic in Beverly Hills. This 15,282 square foot facility has the latest technology, and the finest finishes. Raymond Fox Architects led the design efforts and Morris, Inc. served as the General Contractor. Morris, Inc. has become an expert in technical laboratory build outs.

Specializing in healthcare & life science construction, Morris has built over 100 projects in these market sectors including tenant improvement and ground up. Owner and President Chris Morris brings over 40 years of construction experience to every project they build.

Morris is currently under construction on several healthcare projects including dialysis, endoscopy and fertility centers.

With almost 30 employees and growing, Morris has quickly become the OC General Contractor of choice.



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**Nomination Information**

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# The Evolution of *Hoag Compass* and a More Comprehensive Approach to Healthcare

Since May 2022, Hoag Compass has delivered convenient, prevention-oriented virtual and physical care to patients in our community. With Hoag Compass, patients can schedule quick appointments for their immediate healthcare needs while benefitting from the same caliber and medical expertise that Hoag offers in hospitals, clinics, and care centers throughout Orange County. Hoag Compass has pioneered a lifestyle medicine-based approach with patients from the onset, offering patients seeking more in-depth healthcare a more white-glove, comprehensive approach.

Hoag Compass has recently evolved to deepen its focus on that preventative angle, inclusive of offering expanded diagnostic labs, nutrigenomic DNA testing, built-in personal health coaching, and more frequent testing intervals to better monitor patient progress. Patients receive baseline health data for more than 100 biomarkers across functional areas of the body, including heart, inflammation, blood, metabolism, stress regulation, kidney health, and more. Patients discuss their results with the dedicated Hoag Compass primary care provider, Dr. Tracy Pantig, and work closely with the care team to build and optimize a unique care plan with intentional interventions. These actionable interventions are mapped to four essential lifestyle pillars: sleep, exercise, nutrition, and mental wellness.

The Hoag Compass healthcare approach is rooted in longevity and whole-body health. These needs have been accelerated by increased demand for long-term wellness and a desire to address concerns more comprehensively to help patients live healthier, longer lives.

## What does Hoag Compass program offer?

- **Advanced Labs:** Test for 100+ biomarkers for a complete health analysis (kidney, thyroid, liver, inflammation, nutrient deficiencies).
- **Nutrigenomic DNA Testing:** Examine gene variants that impact biological processes, nutrition absorption, and exercise capabilities.
- **Comprehensive Care Plans:** Tailored to a patient's unique health needs.
- **Dedicated Care Team:** A long-term wellness journey guided by experts.
- **Ongoing Health Coaching:** Bimonthly coaching sessions to help optimize care plans.
- **Mental Health Services:** Comprehensive support for mental well-being.
- **Flexible Appointment Options:** Virtual and in-person appointments are available.
- **Exclusive Hoag Specialty Provider Network:** Premium access to top-tier specialists.

Maintaining a healthy lifestyle can be challenging, given the demands of modern living, careers, family, and finances. Many people may struggle to achieve optimal health related to healthy diet changes, physical activity, stress reduction, and adequate sleep.

In our clinic, we've found that implementing small changes can help improve overall health and well-being. These changes can create a cleaner lifestyle with exponential health benefits and enhanced longevity. Here are a few suggestions from our clinical care team:

- **Preventative Health Check-Ups:** Starting with an integrative approach to understanding your baseline health is best to prevent chronic disease. Work with a credible physician or care team

trained to run traditional medical screenings, diagnostic tests, and DNA testing to determine your risk of developing chronic diseases such as blood pressure issues, diabetes, and cancer.

- **Mental Wellness Practices:** Mindfulness practices such as daily meditation, breath work, and mindfulness promote emotional resilience and mental clarity. Learning stress management techniques to unlock your parasympathetic nervous system helps prevent the physical consequences of stress on the body. Get adequate rest by enacting a bedtime ritual, such as drinking herbal tea, reducing screen time, or using herbal oils.
- **Nutrition:** Developing a nutritious food plan has numerous benefits for the mind and body. Collaborating with the right healthcare provider, you can be assessed to determine your macro and micronutrient needs for healthy weight management. As a general rule, we suggest opting for organic, whole foods versus processed foods.
- **Physical Activity:** Exercise is highly related to seasonal and stress patterns. It's essential to work with fitness and healthcare professionals to assess the most effective exercise plan for you, depending on your current health situation. As a baseline, we suggest finding an exercise you enjoy and can commit to regularly.

At Hoag Compass, we take a data-driven, integrated care approach focused on preventative wellness and lifestyle changes to help patients achieve their health and wellness goals. With us, you can manage your health journey on your own terms and work toward achieving optimal health and life goals.

For more information, visit the Hoag Compass website at [www.hoagcompass.com/plus](http://www.hoagcompass.com/plus).



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## Get expanded labs and genetic testing

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## Receive a tailored care plan

Get a tailored care plan, designed around your health data, with nutrition, movement, sleep, and mental health recommendations.



## Partner with a Health Coach

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Membership fee is not covered by insurance and does not include medical costs. Clinical visits are billed to insurance. Expanded lab panel may incur additional costs and are the financial responsibility of the patient. DNA test is encouraged, but optional, and an additional one-time fee of \$212 (\$400 retail). Most FSA and HSA plans cover membership and additional fees. Contact your benefits provider for an explanation of coverage. Only accepting patients 18+ years.



## The Evolving Landscape of Healthcare: Solving Staffing Needs in Orange County, CA

The healthcare industry in Orange County, California, reflects that of the national landscape — A dynamic environment constantly adapting to meet growing patient needs, technological advancements, and changing regulations. As we move forward, several key initiatives are shaping the healthcare landscape both in Orange County and farther afield, creating a high demand for skilled professionals to fulfill these evolving needs.

Before exploring potential solutions, it's vital to understand the root causes of staffing shortages. The global pandemic placed unprecedented strain on resources across various sectors. This strain resulted in acute staffing shortages, presenting significant challenges in finding adequate solutions. As a result, healthcare facilities now face the arduous task of continuously recruiting and training new personnel.

Marquee Staffing, with its dedicated healthcare division, understands the unique challenges and opportunities facing healthcare providers in Orange County. This article explores the top initiatives currently impacting healthcare in the region and the staffing requirements associated with each.

### Top Healthcare Initiatives

#### 1. Telehealth and Virtual Care.

The COVID-19 pandemic accelerated the adoption of telehealth and virtual care, offering patients greater access to healthcare services from the comfort of their homes. This trend is expected to continue, prompting healthcare providers to invest in technology infrastructure and personnel trained to deliver virtual care effectively. As telehealth continues to gain traction, healthcare facilities will need to invest in robust and secure video conferencing platforms, high-speed internet connectivity, and remote patient monitoring devices. Staff training will be crucial to ensure seamless virtual interactions and adherence to telehealth best practices. Providers may also need to explore opportunities for reimbursement and billing for telehealth services as regulations evolve.

The staffing requirements will primarily revolve around roles such as telehealth nurses, telehealth coordinators, medical assistants proficient in virtual platforms, and IT support specialists with a background in healthcare.

#### 2. Focus on Preventive Care and Population Health.

Healthcare is shifting from a reactive to a proactive approach, emphasizing preventive care and managing chronic conditions through population health initiatives. This requires a team-based approach, with increased demand for professionals who can educate patients on lifestyle modifications, manage chronic disease programs, and analyze population health data. Data analytics will play a vital role in identifying at-risk populations, tracking health trends, and measuring the effectiveness of preventive care programs.

The staffing priorities will center on roles including preventive care nurses, community health educators, dietitians, wellness coaches, and data analysts tasked with overseeing population health programs.

#### 3. Integration of Behavioral Health and Physical Health.

Healthcare providers are recognizing the interconnectedness of physical and mental health. This requires integrating behavioral health services into primary care settings. Clinics will need professionals who can provide counseling, therapy, and support services to patients with mental health concerns. Additionally, healthcare facilities may need to adapt their physical spaces to accommodate behavioral health services.

The core staffing needs comprise licensed clinical social workers, licensed marriage and family therapists, and psychiatrist.

#### 4. Emphasis on Value-Based Care.

The healthcare system is transitioning from a fee-for-service model to a value-based model, where providers are rewarded for patient outcomes rather than the volume of services provided. This means staff will need expertise in tracking and analyzing patient data, identifying areas for improvement, and implementing quality initiatives to enhance patient outcomes. Value-based care requires a strong focus on patient satisfaction and care coordination.

Staffing requirements in this context call for individuals capable of tracking and measuring patient outcomes, including care coordinators, data analysts, and quality improvement specialists

### Addressing the Growing Shortage of Healthcare Professionals

A significant challenge facing the healthcare industry nationwide is the shortage of qualified professionals. According to the Association of American Medical Colleges, the U.S. could face a shortage of up to 139,000 physicians by 2033. Orange County is not immune to this shortage, creating a high demand for skilled professionals across all healthcare sectors. To address this challenge, healthcare facilities may need to implement strategies such as offering competitive compensation and benefits packages, providing opportunities for career growth and development, and fostering a positive work environment that promotes employee retention.

### Marquee Staffing can assist in fulfilling staffing requirements for a variety of healthcare positions, including:

- Registered nurses (RNs)
- Licensed Vocational Nurses (LVNs)
- Certified Nursing Assistants (CNAs)
- Medical Assistants (MAs)
- Phlebotomists
- Lab technicians
- Imaging technicians
- Physicians and specialists

### Marquee Staffing: Your Partner in Building a Strong Healthcare Team

Marquee Staffing's healthcare division understands the unique needs of healthcare providers in Orange County. We are committed to connecting healthcare facilities, both large multi-site practices and smaller single-practice operations, with qualified and experienced professionals.

Our specialized team of recruiters is well-versed in the current healthcare landscape and has a deep understanding of the specific skills and qualifications needed for different positions. We leverage our extensive network of healthcare professionals to efficiently find the right candidates to fill your staffing needs.

### Benefits of Partnering with Marquee Staffing:

- **Streamlined Recruitment Process:** We take the burden of recruitment off your shoulders, allowing you to focus on patient care.
- **Access to a Wide Talent Pool:** We have a vast database of qualified health care professionals in Orange County.
- **Time-Saving Efficiency:** We handle the screening and interview process, saving you valuable time.
- **Experienced Recruiters:** Our team has a deep understanding of the health care industry and the specific needs of healthcare providers in Orange County.
- **Compliance Support:** We ensure all candidates meet the necessary licensure, certification, and credentialing requirements.

### Are you a healthcare provider in Orange County facing staffing challenges?

Marquee Staffing is here to help. Whether you are a multi-site practice or a single-practice provider, we have the expertise and resources to find qualified and experienced professionals to fill your open positions.

Contact Marquee Staffing today and discuss your staffing needs with our dedicated healthcare division. Together, we can build a strong healthcare team to deliver exceptional care to your patients. [www.marqueestaffing.com](http://www.marqueestaffing.com) or contact us at (949) 222-3430.

As Senior Vice President of Operations, Claudia Perez directs strategic initiatives at Marquee Healthcare, spearheading marketing endeavors, optimizing recruitment processes, and expanding the healthcare recruiting division. Leveraging her extensive experience in business development, she is committed to forging enduring client partnerships and facilitating team growth. Under her guidance, the team prioritizes excellence, customer satisfaction, and strategic candidate placements





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- CNAs
- Nurse Anesthetists (CRNA)
- LVNs
- PPNs
- Phlebotomy Technicians

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- Medical Receptionists
- Medical Billing Specialist
- Insurance Clerks



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# Irvine: The Future Hub of SoCal Innovation is Here



Irvine has emerged as a prominent healthcare destination on the national stage, embodying a future brimming with innovation and progress. With an impressive four billion dollars committed to healthcare development, the city stands at the forefront of this transformational journey. Anchored by a dynamic biotech and medical device sector and a robust philanthropic community, Irvine offers an unparalleled environment for advancements in health and wellness.

At the heart of Irvine's health-centric evolution lies City of Hope, a beacon of cutting-edge treatment, pioneering clinical trials, and state-of-the-art technology nestled within FivePoint's vibrant Great Park Neighborhoods master planned community. Orange County stands tall as a premier market for medical device companies and other innovators, with Great Park Neighborhoods serving as its vibrant center.

**CBRE, as FivePoint's esteemed marketing partner, unveils a landmark opportunity situated prominently within Irvine:** over 70 acres of prime commercial land, presented to the market for the very first time. This expansive offering provides not only a canvas for medical device and related users to establish a prominent presence in a prime location but also allows for the adaptability to build a corporate campus for any industry. The coveted parcels boasts freeway frontage with immediate access to the I-5 and I-405 Freeways via Bake Parkway, harnessing the power of 26 lanes of traffic for unparalleled visibility and branding opportunities. Beyond mere infrastructure, this irreplaceable A+ location offers close proximity to the Irvine Spectrum Entertainment Center, Irvine Transportation Center, Great Park, and the adjacent renowned Irvine Spectrum master planned development. Additionally, it provides access to Orange County's highly educated workforce and seamless public transit connectivity through Amtrak/Metrolink services.

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