

EXECUTIVE HEALTH & FITNESS

CUSTOM CONTENT • December 2, 2024



Employers look to Hoag to help their leaders stay healthy

Recognized for Excellence in Corporate Health

Hoag Executive Health helps leaders prioritize their health and enhance peak performance. It is an award-winning program offered by Hoag Corporate Health, and is led by nationally-recognized, board-certified physicians from the highest ranked hospital in Orange County. Hundreds of public and private companies in OC look to Hoag for their expertise in providing employers with proven corporate health solutions to meet the evolving needs of their organizations, provide a competitive health benefits advantage, and to support individual well-being.

A Team Your Employees & Leaders Can Count On

The physicians, exercise physiologists, health coaches and care coordinators in the Executive Health program work together as a collaborative team to prioritize building a deep relationship with every patient.

James Lindberg, MD, and medical director of Hoag Executive Health reinforces this perspective, “I am committed to education and research to provide the best care possible. However, listening to my patients is still the most efficient and effective diagnostic test. Because medicine is about treating the whole person, not just their ailment.”

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— JAMES LINDBERG, M.D.

This approach to delivering personalized care is what Hoag has built its reputation around for more than 70 years. Everyone who supports the Hoag Executive Health program ensures that the health needs of busy leaders are met with efficiency and an unmatched caliber of excellence.



James Lindberg, M.D.
Internal Medicine



Steven Nemirov, D.O.
Internal Medicine



Pelma (Pam) Tabrizi, M.D.
Internal Medicine



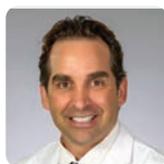
Sina Firouzi, M.D.
Family Medicine & Integrative Medicine



Amit K. Hiteshi, M.D.
Internal Medicine



David Abrahamson, M.D.
Cardiologist



Kory L. Tuominen, M.D.
Family Medicine

Providing An Executive Physical That Exceeds Expectations

“Knowing that over 70% of illnesses are caused by poor lifestyle habits, I take the time to thoroughly evaluate my patients beyond the basic physical. I look at their work/life balance, dietary intake, exercise habits and how they are coping with situational stress. This allows me to tailor a plan to help them adjust to whatever obstacles they face throughout the aging process,” says Steven Nemirov, DO, at Hoag Corporate Health.

Dr. Nemirov continues to emphasize the comprehensiveness of Hoag’s executive physical, “With the goal of helping my patients realize what they need to do to maintain both their physical and mental health, I am always looking for new practices that focus on “health span” and longevity. By integrating recent research and discoveries into my practice, this allows me to offer the best care to my patients.”

The half-day executive physical is at Hoag’s state-of-the-art Newport Beach facility and lasts four hours— it includes breakfast, lunch and breaks.

Orange County’s top employers know that their employees are in good hands when they engage in Hoag’s executive health program.



A Complete Solution Suite

To complement the services provided through the Hoag Executive Health program, Hoag Corporate Health has a variety of voluntary benefits and additional solutions including worksite clinics and health plan network design options for self-insured employers.

Hoag Corporate Health also proudly offers a dedicated and unparalleled Municipal Health and Wellness Program specifically tailored for the valiant individuals serving in law enforcement, fire and rescue, emergency services and management, as well as city government agencies.

“By integrating recent research and discoveries into my practice, this allows me to offer the best care to my patients.”

— STEVEN NEMIROV, D.O..

The Power of Early Detection: Cancer & Cardiovascular Health Screenings

A breakthrough in precision medicine, Hoag can detect the presence of more than 50 types of cancers with 99.5% specificity through a single blood test. Adults with an elevated risk of cancer, such as those age 50 or older, or individuals with a family history of cancer, are ideal candidates for this voluntary benefit.

Heart health is also top of mind for individuals and employers alike. Hoag uses advanced technology to examine the structure and function of a person’s heart. Hoag’s advanced cardiovascular screening options include evaluating the thickness of the heart’s walls, its valves, arteries and blood vessels to determine heart health. Depending on the medical history of the patient, a Hoag physician may recommend one, some or all of the following cardiovascular screenings: a resting echocardiogram, stress echocardiogram, comprehensive carotid artery ultrasound as well as an abdominal and thoracic aorta screening. The cardiovascular screenings are under the supervision of renowned prevention focused cardiologist, Dr. David Abrahamson.

If you’re a business owner, Human Resources leader, benefits specialist, or health benefits consultant visit hoagcorporatehealth.com for more information. And, if you’re ready to start discussing the needs of your organization, contact:

Justin Davis

Vice President, Business Development at Hoag Corporate Health
949-566-8419 | justin.davis@hoag.org



Hoag Executive Health

Your partner in prioritizing health and well-being.

Hoag Executive Health is California's largest and most comprehensive executive health program provided by the award-winning Hoag Health System in Orange County. We designed our program for leaders like you who want to maximize time and achieve optimal results without compromising quality of care. Here's how we can help meet your health needs:



Executive Physicals

Your experience will be guided by a personal concierge at our state-of-the-art Newport Beach location, where you'll meet with OC's top physicians, health coaches and exercise physiologists. We'll help you gain a better understanding of your current health, disease detection and prevention, and receive a personalized health action plan.



Advanced Screenings

To complement the robust set of assessments during your Executive Physical, Hoag offers multi-cancer and cardiovascular disease screenings using the latest in health technology. Early detection significantly increases the chances of successful treatment and can lead to better quality of life and health outcomes.



Hoag Membership Opportunities

As part of your health journey, we also invite you to explore Hoag Concierge Medicine for the next level of personalized, primary care; and, Hoag Functional Medicine for expertise to help identify the root cause of illness and learn how to activate your body's natural healing abilities.

To learn more, or get started contact us:
949-999-9300 | hoagexecutivehealth.com

hoag[®]
Executive Health

Best job perk: Executive health screenings



Photograph by Jared Novakovich

As vice president of human resources for a major Southern California real estate company, Theresa Busby oversees their generous employee benefits packages. By far the best perk, she says, is the annual checkup at the UCI Health Executive Health Program.

"I never miss mine because you receive such a comprehensive analysis," says Busby, who works for Irvine-based Western National Group, a multifamily housing development and management company. "They review every single test result with you, one-on-one. Our people love it."

For more than 30 years, Orange County's first executive health program has partnered with individuals and leading businesses, offering thorough medical exams with detailed health and fitness assessments — all at one time, under one roof.

Even with the best insurance, it's tough to get enough time for a full workup with your primary care provider. Imaging scans, blood and other tests they order may require scheduling visits at different locations over multiple days.

It's enough to make busy people with demanding jobs delay care.

That's why the UCI Health Executive Health Program conducts all comprehensive medical evaluations and tests in one day at their Newport Beach office, says medical director Dr. Ronald M. Tilsen.

"Everything is carefully planned to maximize the patient's time and have a positive effect on their health and wellness," says the longtime provider of concierge and executive healthcare in Orange County.

The visit begins with an interview to assess the patient's health and lifestyle, followed by a medical exam. Diagnostics may include: vision and hearing screenings, comprehensive lab work, body composition assessments, cardiovascular studies and cognitive tests. Also offered: an optional blood test to detect mutations for 40 types of cancer. Appointments may last up to three hours.

"Regular physicals don't usually include carotid artery or other important tests," Busby says. "Because these tests are paid for privately, the program's doctors aren't limited."

Once the results have been evaluated, Tilsen and his team compile a detailed report and arrange a second visit to review key findings and recommendations. When a referral is needed, it is sent to an appropriate UCI Health specialist in coordination with a patient's primary care doctor.

"The UCI Health doctors and staff rate five stars," says Busby.

Patients also benefit from the program's affiliation with the Susan Samueli Integrative Health Institute, part of UCI Health. It gives them access to healing therapies like acupuncture, biofeedback, massage therapy, mindfulness training and nutrition counseling.

Western National Group joined the program long before Busby was hired 22 years ago. Decades on, company leaders still believe the annual cost is money well spent.

"We're investing in the future of our associates," says Busby, who credits Tilsen with putting her on a path to lose 60 pounds over the last year. "Helping them stay healthy is important, for them and our operations."

UCI Health

949-386-5720
[ucihealth.org/executive health](https://ucihealth.org/executive-health)





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UCI Health

Providing the Highest Quality, Subspecialized Orthopedic & Spine Care

It's All We Do at Hoag Orthopedic Institute

As Orange County's only dedicated spine and orthopedic surgical hospital and ambulatory surgery center network, Hoag Orthopedic Institute (HOI) provides 5-star orthopedic and spine care to patients.

HOI's elite medical leadership includes subspecialized orthopedic experts who provide guidance and strategic direction. Their scope includes leading new patient care innovations and focusing on research, education, quality improvement and performance initiatives.

Spine



Jeremy Smith, MD

When it comes to spine surgery, no hospital in Orange County performs more surgeries than HOI, with an increasing number of patients able to come home the same day. In addition to surgery at its main hospital in Irvine, complex spine surgeries now also take place in HOI's affiliated surgery centers. Patients benefit from the expertise that HOI's fellowship-trained orthopedic spine surgeons and neurosurgeons offer, whether non-operatively, in the ASC setting or in the hospital.

HOI takes pride in serving as a subject matter expert in spine care. Earlier this year, more than 60 spine and orthopedic surgeons and practitioners gathered for HOI's inaugural Spine Symposium, where presenters shared advancements related to spinal surgery, discussions on the current state of robotics and augmented reality, and how technology can help improve surgery speed and outcomes.

HOI's spine program is led by Jeremy Smith, MD, Immediate Past Chief of Staff Chair, Department of Surgery Division Chief of Surgical Spine. Dr. Smith is a fellowship-trained orthopedic spine surgeon specializing in the cutting-edge treatment of degenerative spinal conditions. He is an educator, a contributor to numerous medical studies and journals and an active researcher.

"When patients come in for an evaluation at Hoag Orthopedic Institute, we are looking comprehensively at the patient to ensure they receive the optimal course of treatment," said Dr. Smith. "Non-operative methods are routinely the first line of treatment. If surgery is later indicated, we employ the most up-to-date and advanced technology available anywhere to help guide and optimize surgery in the least invasive way, all while ensuring we are wholly focused on patient outcomes and safety."

Sports Medicine



David Gazzaniga, MD

HOI's sports medicine program's physicians conduct research and are active in training fellow colleagues. Our non-operative and operative sports medicine physicians serve the community through volunteering with local and professional sports organizations. HOI is the Official Orthopedic & Sports Medicine Sponsor of CIF Southern Section, along with partnerships with Trinity League and the Irvine Public Schools Foundation.

This year HOI hosted its second annual Sports Medicine Conference, bringing together 150 athletic trainers and physical therapists. The conference featured a diverse range of topics crucial to the field of sports medicine and delved into discussions including opioids in orthopedics and sports, foot and ankle injuries and cervical and lumbar spine injuries in athletics.

The sports medicine program is led by David Gazzaniga, MD, Division Chief of Sports Medicine. Dr. Gazzaniga is an orthopedic surgeon specializing in sports medicine, including sports-related injuries of the shoulder, elbow, knee and hip. Dr. Gazzaniga has served as team doctor for the Los Angeles Chargers and Olympic athletes and is team physician for several local high schools.

"One of our goals is to enhance the experience of student athletes and their families by providing an NFL caliber Sports Medicine program," said Dr. Gazzaniga. "Our partnerships include education on injury prevention, sports medicine and orthopedic wellness."

Joint Replacement



Nader Nassif, MD

For the 10th year in a row, HOI has performed the highest number of joint replacement surgeries in the Western United States, with many patients going home the same day. As technology continues to advance, HOI is supporting access to innovative care by investing in robotic devices throughout the network, including at the hospital and through its surgery center network.

HOI's joint replacement program is led by Nader Nassif, MD, Chief of Staff, Division Chief of Joint Replacement. Dr. Nassif is a renowned total joint replacement and reconstruction surgeon. He is active in research, having authored multiple book chapters, numerous research articles and presenting in numerous regional, national and international orthopedic meetings focused on the advancement of hip and knee replacement surgery.

"HOI is a national leader in hip and knee replacement surgery. With the excellent surgeons at HOI, we prioritize patient outcomes through innovation, technology, research and education of the next generation of surgeons through our fellowships," Dr. Nassif said.

Shoulder Reconstruction Program



Hafiz Kassam, MD

Dr. Hafiz Kassam is Director of the Shoulder Reconstruction Program at HOI. His role ensures that cutting-edge innovations in shoulder treatment are seamlessly integrated into patient care. He is a board-certified orthopedic surgeon specializing in shoulder and elbow surgery, minimally invasive techniques, advanced arthroscopy, traumatic reconstruction and non-operative treatments. He has performed nearly 2,000 shoulder replacement and arthroscopic reconstructions, including the first robotic-assisted reverse shoulder arthroplasty in California.

"HOI is at the forefront of implementing transformative advancements in the field of orthopedic surgery," said Dr. Kassam. "We're adding new technology, including robotic systems, that are a revolution in how we approach shoulder surgery, offering both surgeons and patients the benefits of personalized and more predictable surgical results."

To find a doctor call 949-705-6493
or visit [HOIExperts.com/Doc](https://www.HOIExperts.com/Doc)



**WE GET YOU
BACK TO YOU.**

HOAG ORTHOPEDIC INSTITUTE Orthopedics & Spine – It's All We Do

Of the 27 hospitals in Orange County, **only one** specializes exclusively in orthopedics and spine:
Hoag Orthopedic Institute.

- #1 Orthopedic Hospital in Orange County and #18 in the Nation by *U.S. News & World Report*.
- 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.



When it comes to world-class orthopedic and spine care, choose the experts right here at Hoag Orthopedic Institute to get you **BACK TO YOU.**

For more information about the world-class orthopedic care, or to find a physician, visit [HOlexperts.com](https://www.HOlexperts.com) or call 949-705-6493.

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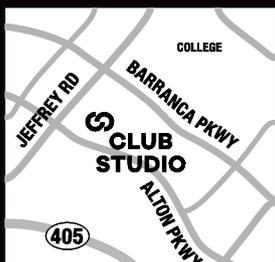
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