

EXECUTIVE HEALTH & FITNESS

CUSTOM CONTENT • December 1, 2025



24/7 Virtual Care

The fastest way to receive world-class care at Hoag.



See a Provider in Minutes

Join our virtual queue—no long waits.



Care from Anywhere within California

Virtual consultations with world-class providers.



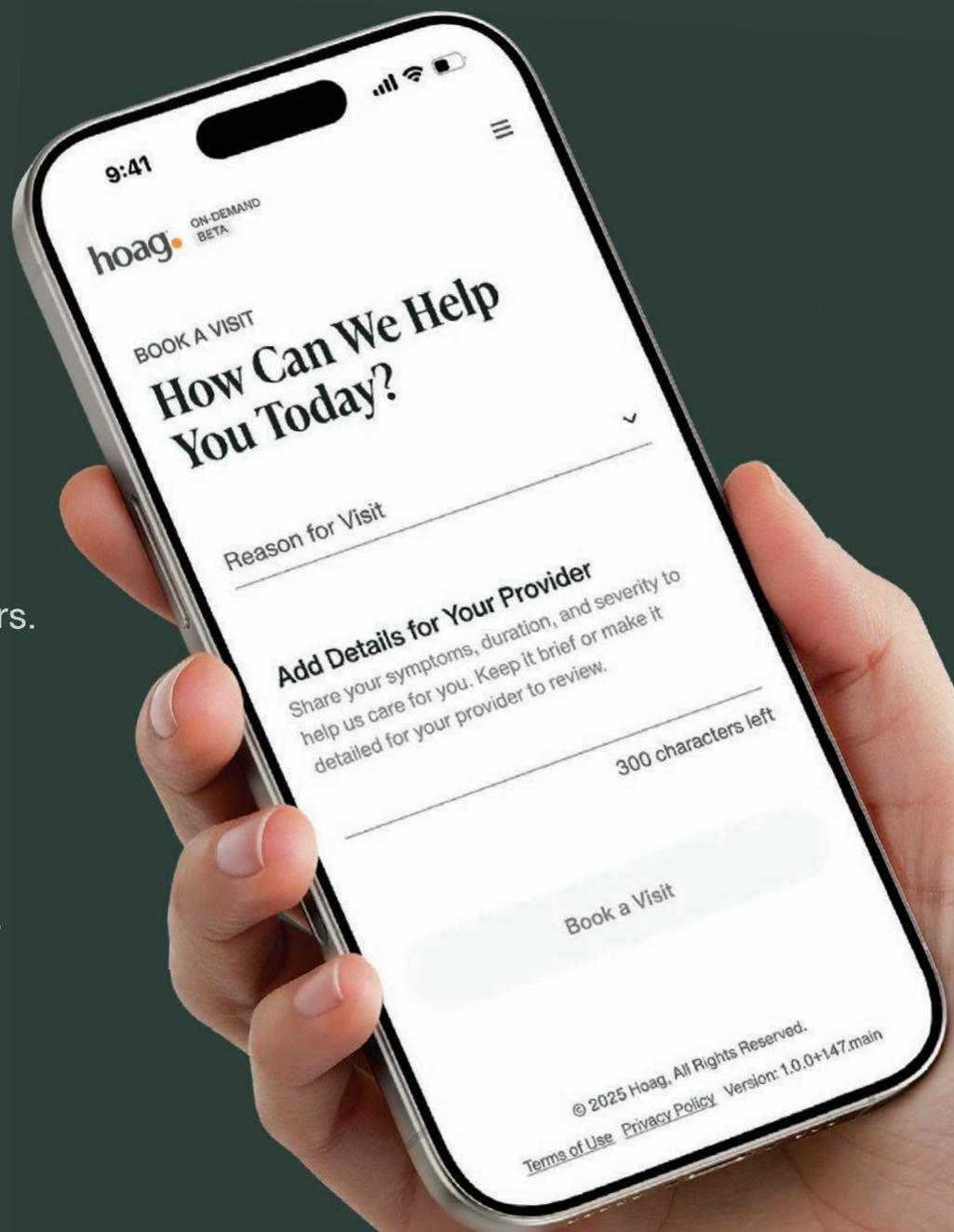
Insurance Friendly

Most PPO and Medicare PPO plans accepted.



Seamless Integration

Direct connection to Hoag's full network.





COVID-19 or Flu-like Symptoms

Fever, cough, sore throat, body aches, or COVID exposure concerns



Mental Health Support

Stress, anxiety, depression, or emotional wellness



Migraines

Migraine management



Pain & Injuries

Burns, cuts, sprains, fractures, or pain from an injury



Urinary & Sexual Health

Bladder issues, urinary problems, or reproduction health concerns



Skin Issues

Rashes, allergic reactions



Treatment Consultation

Non-controlled medications only



Stomach & Digestive Issues

Nausea, vomiting, diarrhea, or stomach pain

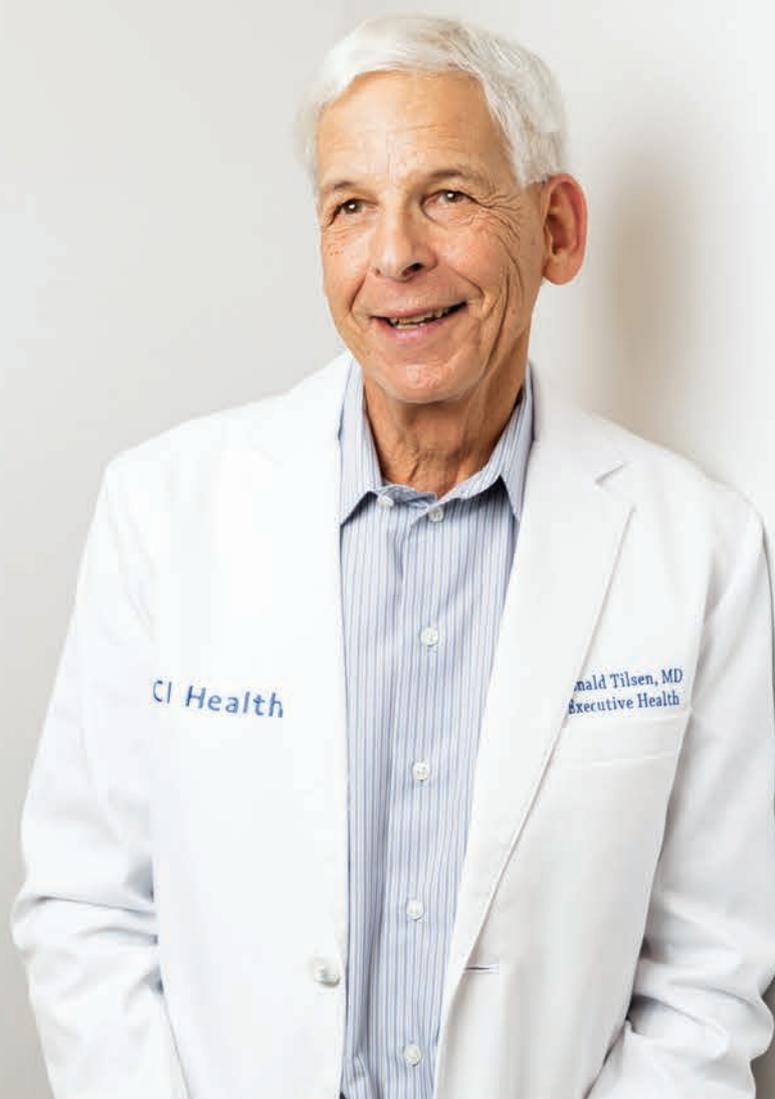


Quick, easy, and hassle-free

Visit ondemand.hoag.org



Optimizing healthcare for executives



Photograph by Jared Novakovich

For the busy executive, multiple appointments and wait times can be a reason to delay care.

That is why having access to an executive health program that coordinates your care in one appointment is essential to staying on track with your health goals, says Dr. Ronald M. Tilsen, medical director of the UCI Health Executive Health Program.

For more than 30 years, the UCI Health Executive Health program — Orange County's first — has partnered with individuals, top companies and business leaders to provide thorough health and wellness assessments.

Tilsen, a longtime provider of executive and concierge healthcare services in Orange County, believes in building a long-lasting partnership with his patients to help them achieve their personal goals and optimal health.

Why is it important to join an executive health program?

Life expectancy has extended, but for many, the quality of life has not improved with longevity. Clinicians spend a considerable amount of time managing chronic diseases. However, we know lifestyle modifications can help patients to live longer and better lives than earlier generations.

The goal of the UCI Health Executive Program is to develop a comprehensive care plan that empowers leaders to improve their health and prevent disease now and in the future.

What does the UCI Health Executive Health program offer?

Our team of experienced and empathetic staff work with patients one-on-one to create a comprehensive and personalized health assessment and physical. Everything about the patient experience is carefully planned to maximize the patient's time and have a positive effect on their health and wellness.

As part of an academic health system, our patients have access to the region's largest team of medical experts, innovative research and the most advanced diagnostic and treatment technologies.

What happens during an executive health appointment?

At UCI Health, we conduct an initial intake assessment, which includes an extensive interview to understand the patient's lifestyle and current health status. Then, we perform a comprehensive physical examination that includes a fitness test.

Diagnostics may include vision and hearing screenings, laboratory blood testing, body composition assessments, cardiovascular studies and cognitive tests. We also offer genetic testing to determine susceptibility to various diseases and drug sensitivities, as well as early detection of more than 40 cancers beyond current standard screenings. Appointments may last up to three hours.

We refer patients to the experts at UCI Health when a health concern requires follow-up care. Our team also coordinates care with the patient's primary care physician.

How does the affiliation with the Susan Samueli Integrative Health Institute benefit patients?

Our affiliation with the Susan Samueli Integrative Health Institute enables us to add another dimension of evidence-informed, whole-person care. By bringing together conventional and integrative approaches to healthcare, we are better positioned to address both the physical and emotional state of our patients. They have access to healing modalities such as acupuncture, massage therapy, biofeedback and mindfulness, as well as classes for weight management and nutritional counseling all under one roof.

Learn more at ucihealth.org/executivehealth

UCI Health

Cancer innovation guides us; caring for you drives us.

Cancer innovation guides us on a path of progress, while our unwavering commitment to caring for cancer patients drives us forward. Together, we're pioneering a new era in treatment, where cutting-edge solutions meet compassionate care for a brighter future.

Visit ucihealth.org/cancer or call 714-500-7891 to schedule a next-day consultation.

UCI Health

Chao Family Comprehensive
Cancer Center

Dr. Farshid Dayyani is a nationally recognized medical oncologist who specializes in the advanced treatment of gastrointestinal and hepatobiliary cancers.



UCI Health

Farshid Dayyani
Professor
Hematology/Oncology

Motion Preservation in Spine Surgery: What Patients Should Know

If you're dealing with neck or back pain and have been told you might need surgery, the idea can feel overwhelming. Many people worry that surgery will leave them "stiff" or unable to move normally. The good news is that spine surgeons at Hoag Orthopedic Institute (HOI) offer advanced techniques designed to relieve pain while preserving your natural motion.

A Growing Trend in Spine Surgery



Motion preservation, offered by HOI's spine specialists, is a rapidly advancing area in spine care that keeps the spine moving as naturally as possible while correcting the cause of pain. Instead of locking bones together, motion preservation techniques may use an artificial disc or other device that lets the spine bend and twist more normally. At Hoag Orthopedic Institute, our

physicians offer access to motion preservation techniques that offer effective symptom relief while maintaining spine mobility long term.

Motion preservation offers patients several benefits:

- Faster recovery
- Potentially better long-term outcomes
- Reduced stress on adjacent spinal segments
- A potential decreased risk of disease that can occur in some fusion patients over time.

Motion preservation surgeries have helped many patients at HOI return to active, comfortable lives without the limitations of a traditional fusion.

"Our goal is always to match the right procedure with the patient," says Jeremy Smith, MD, Division Chief of Spine Surgery at Hoag Orthopedic Institute. "When we can preserve motion, we often see patients recover faster and return to the activities they love sooner."

Types of Motion Preservation Techniques Offered at HOI Include:

- **Artificial Disc Replacement:** In this advanced procedure, HOI surgeons remove the damaged disc and replace it with an artificial disc that is designed to mimic natural spine movement. It can offer long-lasting relief and can be performed in the lumbar or cervical spine. It offers a faster recovery and keeps normal spine motion.
- **Decompression Without Fusion:** If a nerve is being pinched, surgeons at HOI can relieve pressure without needing to fuse the spine. The spine's natural structure and motion remain intact.
- **Laminoplasty:** Cervical laminoplasty reshapes and repositions bone to relieve stress on the cervical spine nerves. It can relieve pain and other symptoms caused by nerve compression.

Motion preservation surgery is not suitable for every patient or condition, Dr. Smith cautions, nor does every physician offer these

techniques. Therefore, it's crucial that patients select an experienced, fellowship-trained spine surgeon who can provide guidance about the best individualized treatment, like those at Hoag Orthopedic Institute – Orange County's leader for spine care.

From non-operative to minimally invasive and advanced surgical solutions, Hoag Orthopedic Institute's experts are the leaders in Orange County for spine care. We offer patients access to motion preservation through our comprehensive program, which includes 25 orthopedic spine surgeons and neurosurgeons on staff and access to the latest treatment modalities.

To learn more, visit HOIexperts.com/motion or call 949-705-6493.

15 Years of Nationally Recognized Orthopedic Care

Hoag Orthopedic Institute recently celebrated its 15-year anniversary! Since opening our doors in 2010 we are proud of our accomplishments, which include:

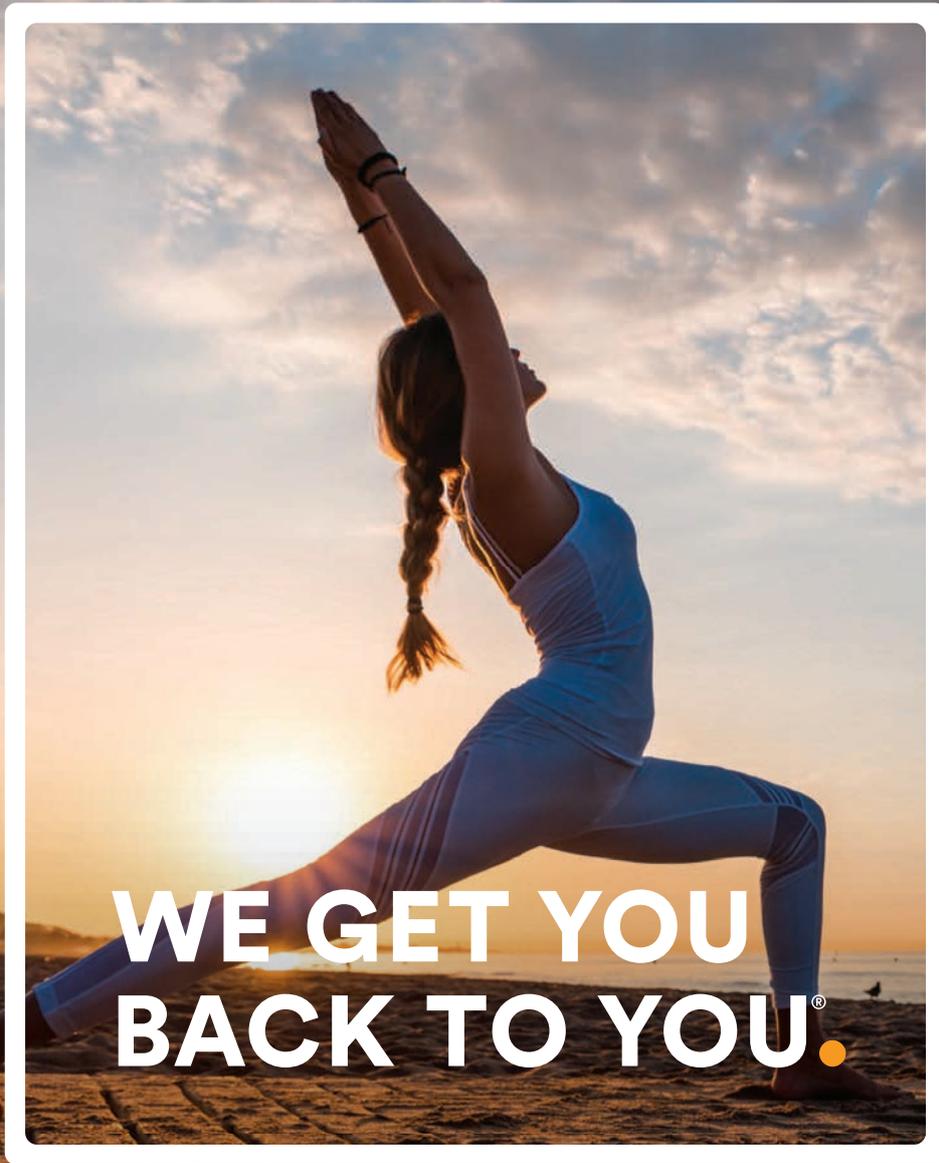
- **Becoming the West Coast's leader** in hip, knee and shoulder replacement and **Orange County's leader** in spine surgery and procedures, continually **achieving superior outcomes and low complication rates**
- **Earning recognition** from CMS, US News & World Report, Healthgrades, Press Ganey and other organizations for our excellence
- Becoming a destination for **minimally invasive and robotic-assisted surgeries** that have set new standards in patient recovery and satisfaction
- **Expanding to an enterprise** that includes a main hospital in Irvine and five surgery centers in Orange and Los Angeles counties that put the needs of the community, and patients, first
- Providing elite training to the next generation of orthopedic surgeons through **Hoag Orthopedics' fellowship program**, with several alumni currently on HOI's medical staff
- **Achieving industry-leading patient satisfaction and engagement scores**

No matter which orthopedic or spine condition is affecting your life, HOI is committed to getting you back to what you love by providing an exceptional patient experience with superior outcomes.

To learn more, visit HOIexperts.com/motion

Proudly founded by our premier physicians in partnership with Hoag.

Hoag
Orthopedic
Institute.



Hoag Orthopedic Institute

Orthopedics & Spine – It's All We Do

Orange County's Trusted Leader for Comprehensive Spine Care

Nonsurgical Solutions • Complex and Revision Surgery • Minimally Invasive Approaches
Robotic Navigation • Pain Management • Endoscopic Spine Surgery • Motion Preservation

Visit [HOlexperts.com](https://www.HOlexperts.com) or call 949-705-6493.

**Hoag
Orthopedic
Institute.**



Proudly founded by our premier physicians in partnership with Hoag.



TOP-TIER FITNESS WITHOUT THE LUXURY PRICE TAG

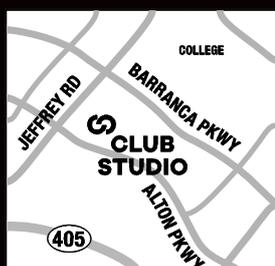


Club Studio is a cutting-edge fitness experience that brings top-of-the-line amenities, best in boutique studio classes, and wellness services together in one gym.

***GET MOVING WITH
A FREE PASS! >***



**STATE-OF-THE-ART GYM / PREMIUM AMENITIES/ BOUTIQUE FITNESS STUDIOS
REFORM / CS4® / RIDE / BOX / HOT YOGA / REBOUND
RECOVERY & CRYOTHERAPY / BEAMING - A HEALTHY MARKETPLACE**



**IRVINE -
JEFFREY RD
5715 Alton Parkway
(949) 418-1430**

**LONG BEACH -
MARINA PACIFICA
6310A E. Pacific Coast Hwy.
(562) 270-6359**

