

EXECUTIVE HEALTH & FITNESS



Hoag Executive Health Helping Businesses Achieve Optimal Health



Hoag Executive Health was introduced over 10 years ago to provide executive physicals for our business community and in these 10 short years, the program has evolved to offer much more. Built on the premise of partnering with businesses, Hoag Executive Health has launched many new solutions to serve as a health care resource and partner for local entities including corporations, municipalities and more.

Per James Lindberg, MD, medical director for Hoag Executive Health, "Hoag Corporate Health is transforming the clinical healthcare service offerings for Orange County employers. From worksite clinics to fully customized clinical networks, Hoag Corporate Health is the business health care partner."

State-of-the Art Facilities

Hoag Executive Health has two private and sophisticated locations in Orange County, Newport Beach and Aliso Viejo. Both locations offer full gym facilities and a team of exercise physiologists aimed at providing comprehensive care.

Experienced Physicians

The Hoag Executive Health team of physicians is comprised of highly skilled, board-certified physicians that are ready to serve you. Our team includes:



Amit Hiteshi, MD
Internal Medicine



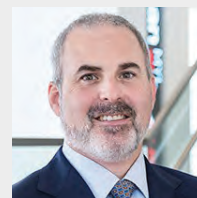
James Lindberg, MD
Internal Medicine



Pam Tabrizi, MD
Internal Medicine



Kory Tuominen, MD
Family Medicine



Peter Strelow
Managing Director
& Co-Chief
Operating Officer

Success Story with PIMCO

While there have been many corporate engagements over the years, one particular client of interest is PIMCO. Peter Strelow is the managing director and PIMCO's co-chief operating officer who started as a patient of Hoag Concierge Medicine under the care of James Lindberg, MD. It was through this personal doctor-patient relationship that Mr. Strelow learned about the offerings of Hoag Executive Health and realized how it could benefit his business.

Over the past two years, Hoag Executive Health has partnered with PIMCO to help with a COVID response plan, provide a medical directorship and serve on the medical advisory committee. Hoag Executive Health can leverage their expertise in the health care space to benefit PIMCO while they remain focused on their business.

As Mr. Strelow states, "We selected to work with Hoag Executive Health due to their extensive experience and knowledge. Not only have they been a good partner and very responsive, they also excel at serving as an excellent resource for us."

Contact Hoag Executive Health

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949-566-8419





Hoag Executive Health

Leveraging health care expertise in the business community.

Hoag Executive Health is proud to partner with local businesses, municipalities and brokers to provide health care solutions individually crafted for your audience.



Comprehensive Executive Physicals

Offering tiered options tailored to meet your needs.



Corporate Health Solutions

Providing worksite clinical services and other customized services to meet the needs of your employees.



Concierge Medical Memberships

Primary care services that provides patients with ongoing, high touch and personalized medical care.


To learn more, please contact Hoag Executive Health.

Website: HoagExecutiveHealth.com

Email: info@hoagexecutivehealth.com

Phone: 949-999-9300





A partner on your path to wellness

For more than 30 years, the UCI Health Executive Health Program has partnered with Orange County's top companies and business leaders to provide comprehensive physicals and thorough health assessments.

"As part of UCI Health, we are the first executive health program in Orange County and the only one affiliated with an academic medical system," says program director Susan Heller, MD, a UCI Health specialist in internal medicine.

That means having access to the largest team of medical experts and researchers in the region, as well as the most advanced diagnostic and treatment technologies currently available, Heller adds.

A customizable approach

Working with large companies that want to help key employees stay healthy as well as individuals who seek a more personalized healthcare experience, the Executive Health Program offers a fully customizable, comprehensive approach.

"Instead of reacting to illnesses and diseases, we strive for prevention by dealing with issues before they become serious enough to have a negative impact. We consider each patient's unique circumstances to determine the most appropriate treatments and therapies for achieving optimum health and well-being."

Elevated healthcare

Exams go beyond the standard physical to include noninvasive advanced diagnostic labs and other tests to assess heart, brain, bone, muscle, lung and joint health, all conducted by experienced physicians. Depending on a person's medical and family history, additional tests may be recommended.

"Our physicals start out with fasting bloodwork," Heller says. "Afterward, we provide a meal for our patients because they need their full energy to participate in a thorough fitness assessment."

The three-hour consultation is designed to give busy executives a comprehensive assessment of their overall health, fitness level and lifestyle.

"You have a one-on-one dialogue with your physician to thoroughly review your medical history and medications," she says. "We also delve deeper to discuss current eating and sleeping patterns, activity levels and life stressors. Together, we decide the way you can improve your health."

Several weeks after the initial consultation, the patient meets with their physician for an in-depth discussion of their master health improvement plan, including all the exam results, key findings and actionable recommendations for dietary and lifestyle changes. The results are also available in the program's exclusive new wellness app.

"Our patients enjoy the ease of tracking their progress and seeing the impact of lifestyle improvements within the app," Heller says. "They can even link up with other participants who have similar interests, like training for a marathon."

Experience the difference

Everything about the patient experience at the UCI Health Executive Health Program is carefully planned to maximize your time and positively impact your health, Heller says.

All services are provided in a comfortable, private setting in Newport Beach. There is no need for time-consuming visits to multiple locations to complete your physical.

Our client-relations specialist is your point of contact with scheduling, referrals and even coordinating with your primary care physician as needed. Your medical information remains confidential and is never be shared with anyone without your written consent and authorization.

"I am able to follow our patients long-term and I see the benefits to their health every single day," she says. "That's really what it comes down to for us — improving your lifestyle to prevent disease and being a partner on your path to wellness."

UCI Health

ucihealth.org/executivehealth



PROTECT YOUR HEALTH

Taking control of your health is one of the most valuable things you can do for yourself and your family. Regular visits with your doctor and keeping up with annual exams are two simple steps you can take to prevent illness and maintain good health.

Our UCI Health primary care doctors offer convenient virtual appointments and in-person visits at locations throughout Orange County. As part of Orange County's only academic health system, they work seamlessly with our network of more than 500 specialty care doctors to provide the latest evidence-based care and access to leading-edge clinical trials. As a UCI Health patient, you can expect the most comprehensive, high-quality care in our area.

Make your health a priority. Choose a UCI Health primary care doctor today.

**Learn more at ucihealth.org/choose
or call 844-310-9750.**



UCI Health



**Huntington Beach
Now Open!**

**Irvine UCI
Coming Soon!**

- Open 7 days a week from 9am – 9pm
(Last patient registered at 8:30pm)
- No appointment necessary; VirtualLINE now available
- NEW same-day reservations for routine COVID-19 tests with a Nurse or Medical Assistant
- Most PPOs, most HMOs and Medicare accepted



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7211 Warner Ave.
Huntington Beach, CA 92647
(714) 462-4553

Exer Irvine UCI
4143 Campus Dr. #C200
Irvine, CA 92612
(949) 471-0002



LET'S GET
YOU BETTER.

[ExerUrgentCare.com](https://www.ExerUrgentCare.com)



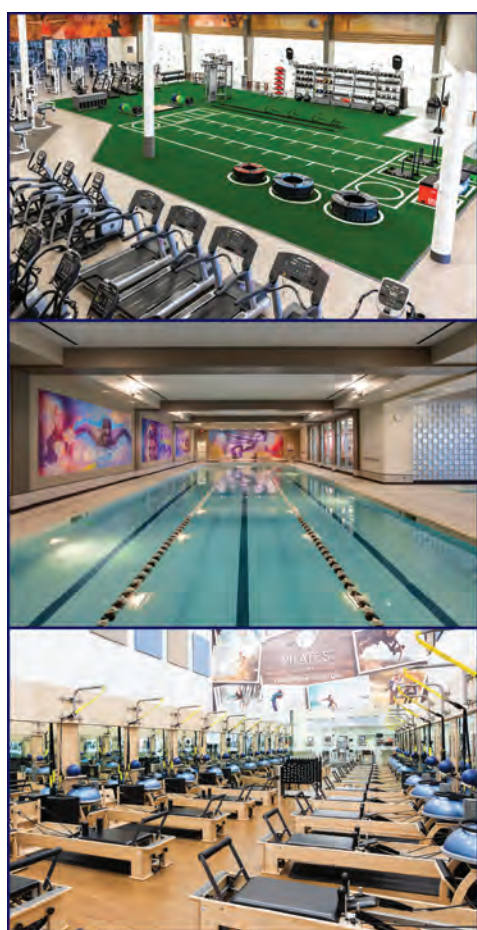
Exer Urgent Care Expands to Orange County

As health and wellness continues to be a focus among Southern Californians, Exer Urgent Care expands its services into Orange County. The SoCal-based chain is reimagining your local clinic, providing expert care from ER-trained doctors in an affordable and caring environment. With nearly 25 locations, Exer recently opened its first Orange County center in Huntington Beach, with an Irvine location opening early December and plans to open centers in Rancho Santa Margarita, Costa Mesa and Laguna Hills in early 2022.



Exer offers patients more comprehensive medical services than a traditional urgent care. With on-site pharmacy, in-house PCR lab featuring next day COVID-19 test results, x-ray, labs, diagnostics and more, Exer can treat 80 percent of the cases seen in an ER for a fraction of the cost. Exer continues to innovate and improve the patient experience, with a fresh perspective on people-centered care and a commitment to expanding services to better serve the Orange County community.

Exer clinics are open seven days a week from 9 a.m. to 9 p.m., with the last patient registered at 8:30 p.m. Exer accepts most PPO, some HMO and Medicare, and offers affordable payment options for those with minimal or no health insurance.
[ExerUrgentCare.com](https://www.ExerUrgentCare.com)



Exercise More Options®

state-of-the-art equipment / free weights /
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swimming pool / saunas / personal training* /
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*Amenity may be available for an additional fee.



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(949) 502-2777

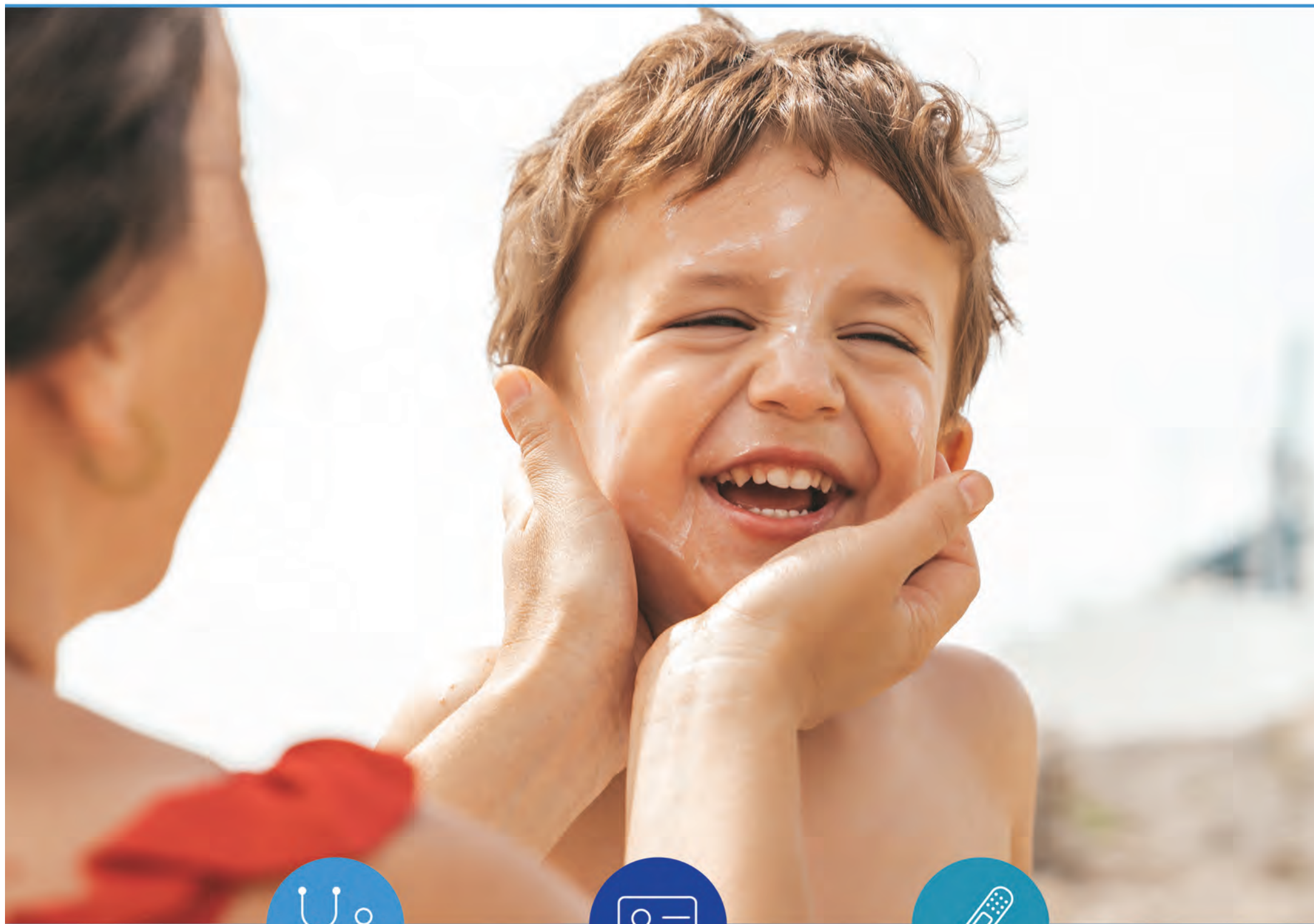
IRVINE EAST
6400 Irvine Blvd.
(949) 502-2043

IRVINE – JAMBOREE
2880 Michelle Drive
(714) 505-8958

SIGNATURE LOCATION:
IRVINE – MICHELSON DR
3021 Michelson Drive
(949) 988-5372

Photos depict a typical facility; amenities vary and some may be temporarily closed. Social distancing protocols will be observed in compliance with government guidelines. ©2021 Fitness International, LLC. All rights reserved.

Greater Health for a Greater Life



When you choose Greater Newport Physicians, you get a greater level of care and you become a part of our health and wellness family. We're an award-winning group of 1,100 primary care doctors and specialists who have provided uniquely personalized care for over 35 years. Become a member today and experience greater possibilities.

Affiliated with Premier Hospitals:

MemorialCare Orange Coast Medical Center
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MemorialCare Long Beach Medical Center

MemorialCare Miller Children's & Women's
Hospital Long Beach
Hoag® Hospital - Newport Beach and Irvine
CHOC



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PHYSICIANS

Call for a physician referral, 800.553.6537 or visit GNPweb.com

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