

EXECUTIVE

HEALTH & FITNESS



Hoag Executive Health Providing Customized Solutions for Businesses



This year has presented significant changes for the local business community. And while everyone is attempting to adapt to the “new normal,” the situation remains dynamic and presents many challenges. For nearly 70 years, Hoag has delivered a level of personalized care that is unsurpassed among Orange County’s health care providers and now we are extending these services to local businesses to help navigate the uncharted territory of what this year has presented. Allow Hoag to be your clinical partner and bring our expertise to your business.

“We have curated a set of solutions that are ideal for any size client. We have worked with individuals, Fortune 100 companies, entrepreneurs and brokers and have successfully developed solutions specific to each of them.”

—JUSTIN DAVIS, VICE PRESIDENT OF BUSINESS DEVELOPMENT.

Hoag Executive Health

A staple in our suite of services, the Hoag Executive Health physical exam is a preeminent program that allows individuals to receive a snapshot of their overall physical, nutritional and fitness health. This comprehensive one-day exam provides an efficient and tailored approach for busy individuals when meeting with our team of board-certified physicians and trained exercise physiologists. Upon completion, each patient receives a 12-month roadmap that includes actionable steps and recommendations.

Executive Concierge Services

Leveraging the findings from our Hoag Executive Health physical, we offer a service for individuals to receive year-round care with Hoag Concierge Medicine. This bundled solution is unlike any program in the nation and allows you the opportunity to connect with our concierge physicians who provide highly personalized service to help you achieve your health goals. They will take your roadmap from your Hoag Executive Health exam and keep you on track throughout the year. Additionally, you receive 24x7 access to your physician, enhanced clinical services, technology-enabled services and state-of-the-art fitness facilities.

Return to Work

As businesses prepare to reintroduce their employees into the workplace, they are realizing the challenges inherent with day-to-day operations in a COVID-19 environment. Some key questions that businesses are facing include:

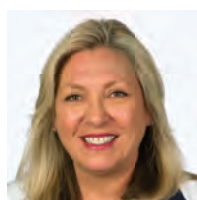
- Are you screening employees for temperature and symptoms?
- What is the best testing strategy for your business?
- What are the most effective COVID-19 testing solutions at the workplace?
- What are the most current CDC guidelines?
- How do you handle employees who are traveling for work?
- How will you plan for the availability of a vaccine and how will you manage it for your employees?

Hoag can leverage our clinical expertise and our work with other businesses to share best practices to create and implement a plan customized for your business. Our services are continually evolving as the guidelines and information is updated and we can serve as your trusted resource for return to work protocol.

Contact Hoag Executive Health

Learn how Hoag Executive Health can help your business. Contact Justin Davis, Vice President, Business Development, at JDavis@HoagExecutiveHealth.com or call 949-566-8419.

Meet the Hoag Executive Health Team



Susan Dindot, MD
Internal Medicine



Cambria Judd, MD
Family Medicine & Sports
Medicine



Elaine King, MD
Family Medicine



James Lindberg, MD
Internal Medicine



Kory Tuominen, MD
Family Medicine





Hoag Executive Health

Leveraging health care expertise in the business community.

Hoag Executive Health is proud to serve as a health care resource for local businesses. Whether you are a small business, local police or fire agency or Fortune 500 company, we can provide a solution that meets your company's needs. Some of the programs we offer:



Executive Physicals

A one-day, all-inclusive exam that evaluates the medical, nutritional and fitness components that contribute to an individual's health.



Executive Concierge Services

Utilizing the findings from the Hoag Executive Health physical, this is coupled with year-round care with Hoag Concierge Medicine. This bundled solution is unlike any program in the nation and provides highly personalized health care.



First Responders Program

Leverage the expertise of Hoag to provide tailored solutions to protect your employees.



Return to Work

Customized set of solutions targeted at helping you bring your employees back to work safely and successfully.

To learn more, please contact:

Hoag Executive Health | 949-999-9300 | HoagExecutiveHealth.com



Journey to wellness



Denise Strini
photographed by Carlos Puma

The UCI Health Executive Health Program provides thorough health assessments and a personalized plan to achieve wellness for years to come.

Denise Strini noticed a blood-pressure cuff at her employer's home while helping to stage an event. Her boss encouraged her to try it out. Neither expected to be startled by the results.

"I was off the charts," the estate manager recalls. "It was so high, she said, 'You need to go and get yourself checked right away.'"

Strini was alarmed because her father died of a heart attack, as had her brother. And diabetes runs on her mother's side of the family.

Her boss referred Strini to the UCI Health Executive Health Program, where the company sends its top employees for annual health reviews.

Beyond a standard physical

Program checkups go beyond the standard physical to include noninvasive advanced diagnostic lab and other tests for heart, brain, bone, muscle, lung and joint health, all conducted by experienced physicians, says program director Dr. Susan Heller. Depending on a person's medical and family history, additional tests may be recommended.

"They test seven or eight vials of blood and you get the results on a huge spread sheet. Then you get a packet telling you everything about your health and lifestyle, how your vision and your hearing is, from one year to the next."

The verdict after that first visit in March 2017: pre-hypertension and prediabetes, with a strong family history of early onset heart disease. Strini immediately got to work on shedding extra points, improving her physical fitness and her overall health.

"Dr. Heller is amazing. She really motivated me."

Over time, Strini admits, "I got a little lazy and I started going back up in weight."

When the COVID-19 pandemic hit the nation in March 2020, Strini, now 54, saw the lockdown as an opportunity to renew her focus on diet and exercise. She joined her 13-year-old son on his runs for physical education class at least three times a week.

Powering through

Now she treks three to seven miles a day uphill to the canyon south of her Corona home and back again. She and a group of friends set out before dawn most weekdays. Even on weekends she gets in power walks, often with Bandit, the family's Dutch shepherd.

By summer, she'd shed about 20 pounds. When she adopted a plant-based diet in late July, the pounds really began to fall off.

Her annual checkup in August showed she had dramatically lowered her blood sugar, cholesterol, blood pressure and percentage of body fat, which Heller says also reduces the risk for cancer. And the cardio fitness test?

"I kicked butt thanks to all that walking and running uphill," Strini says proudly. Her blood pressure now measures a comfortable 113/82.

Heller refers to Strini and some other patients as "COVID conquerors" because they've used this period of work, school and social disruption to concentrate on their health.

Strini, who says she's never felt better, is determined to stick with it.

"I want to be around for my children," she says. "And I want to enjoy retirement with my husband!"

UCI Health

ucihealth.org/executivehealth

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UCI Health is honored to be one of America's Best Hospitals for the 20th consecutive year. This recognition by *U.S. News & World Report* underscores our passion for quality patient care and clinical excellence.

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TOP 50 PROGRAMS NATIONALLY



HIGH PERFORMING

Cancer | Gastroenterology & GI Surgery | Neurology & Neurosurgery
Orthopaedics | Pulmonology & Lung Surgery

UCI Health

ucihealth.org/best-hospitals

In Orange County, A New Model of Cancer Care Begins with Innovative Physician Leadership



Edward S. Kim, M.D., M.B.A.

Expert cancer care closer to home. It's the vision of City of Hope Orange County and the driving force for building a regional network of care featuring a world-class cancer center in the heart of the region. Here, the breakthroughs that were once the domain of traditional academic research centers will be delivered at lifesaving speed to those who need them.

That vision is already becoming a reality as City of Hope's Newport Beach location opened in early 2020 and is now treating patients with the latest treatments and compassionate care. This new model, thought of as a best practice for the nation, is proving that 21st-century cancer care will not only be different but also more accessible and more effective.

Heading the clinical team for the new model is Edward S. Kim, M.D., M.B.A., FACP, FASCO, who is Physician-in-Chief, City of Hope Orange County, and Senior Vice President and Vice Physician-in-Chief, City of Hope.

Dr. Kim comes to his new position with a distinguished history of pioneering cancer research. A U.S. News & World Report Top Doctor, he is among the country's foremost experts in molecular prognostication for lung, head, and neck cancers, which significantly advances cancer detection and personalized therapies.

"We will work in partnership with members of our community, offer **new therapies and cutting-edge clinical trials**, and be actively involved in prevention."

-Edward S. Kim, M.D., M.B.A.,
Physician-in-Chief, City of Hope Orange County

He is also the lead investigator on numerous cancer studies and protocols. Additionally, Dr. Kim has expertise in implementing the new model of care envisioned by City of Hope.

Before joining the City of Hope team, he led an effort at Levine Cancer Institute, Atrium Health (North Carolina) to deliver translational research through an innovative network of community care, often reaching neighborhoods that had difficulty accessing state-of-the-art treatment. Now, he looks to go bigger—and more groundbreaking—in Orange County.

In building this new model, City of Hope will answer Orange County's unmet needs by expanding access to advanced therapies not previously available in the region. Presently, nearly 20 percent of Orange County residents diagnosed with cancer leave the area for highly specialized cancer care, often commuting up to two hours each way to City of Hope's main Duarte campus.

Says Dr. Kim, "The ability to be treated close to home is so important and we're delivering on our mission to redefine the accessibility of cancer treatments. The new model will be an interconnected network that can serve our community's needs and transmit, innovate and deliver new ideas, new research, and up-to-date care."

A planned 11-acre Irvine campus will house a comprehensive cancer center for highly specialized care, phase 1-3 clinical trials, precision medicine, and early detection and prevention programs, along with Orange County's first hospital dedicated exclusively to treating and curing cancer. The network of care—begun in Newport Beach—will ensure access to this extraordinary medicine throughout the county.

For Dr. Kim, the work of building a network of care that gets to every local community—including those that are often overlooked in Orange County—begins right now. City of Hope Orange County will ensure clinical trials reach more diverse patient populations, work with physicians across the region, and ultimately build something unseen in any other community.

This effort is particularly important, given the recent pandemic.

"The current health crisis has shown us that health care must change, becoming closer to the community and more able to meet many needs," says Dr. Kim. "I believe that with the lessons learned, we can build something together for a new generation."

"We will work in partnership with members of our community, offer new therapies and cutting-edge clinical trials, and be actively involved in prevention. If we can help people live healthier, I think then we can call our work an outstanding success."

For more information on City of Hope Orange County, go to CityofHope.org/OC.



CITY OF LEADERS

City of Hope's vision of transforming the delivery of cancer care is attracting America's top scientists and clinicians to Orange County. Welcome to Dr. Edward Kim, a nationally recognized health care executive and pioneer of lung cancer research and breakthroughs.



City of
Hope®

ORANGE
COUNTY

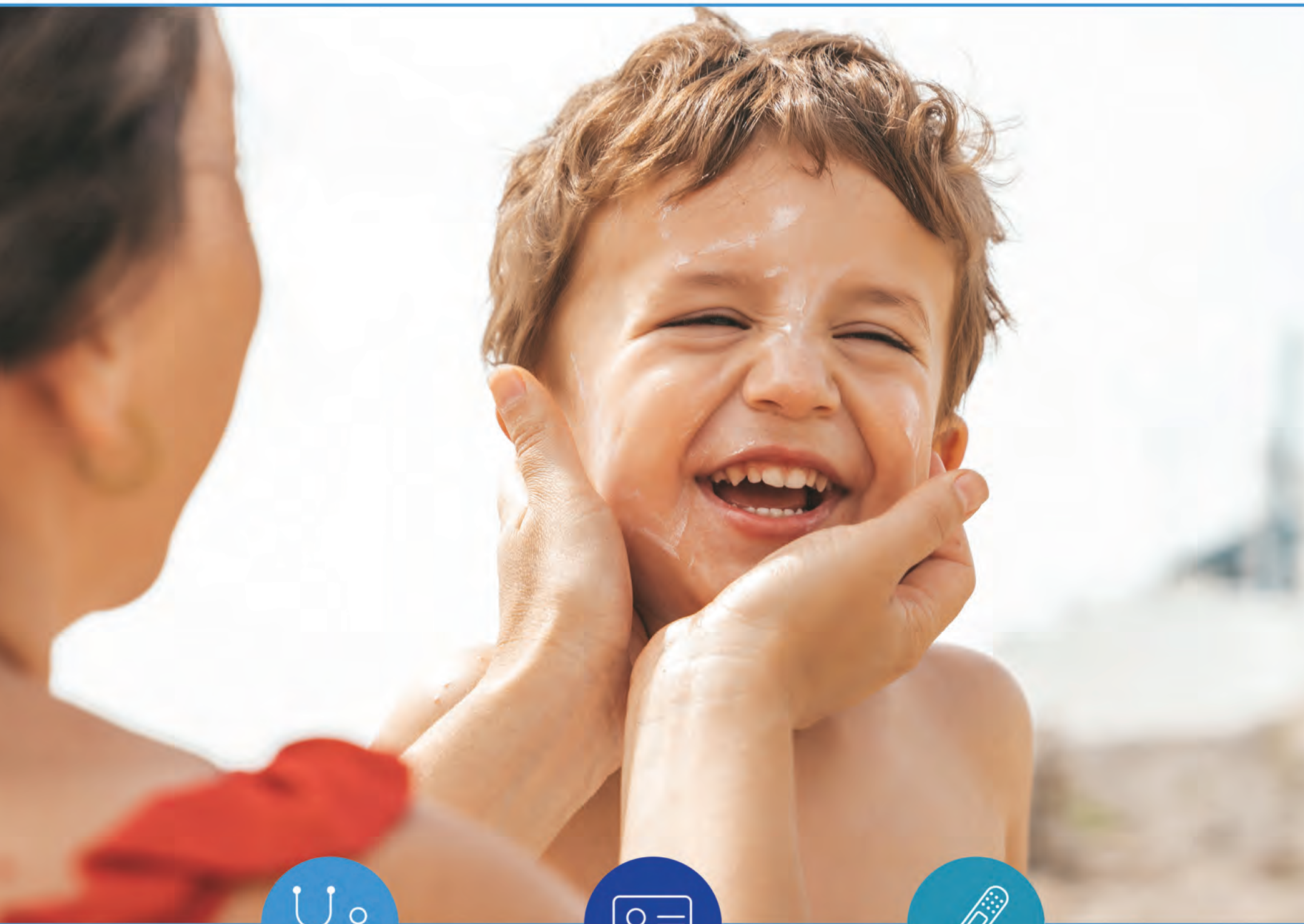
CityofHope.org/OC

COMPREHENSIVE CANCER CENTER **OPENING IN IRVINE 2022**

Edward Kim, M.D., M.B.A.,
Senior Vice President,
Vice Physician-in-Chief and
Orange County Physician-in-Chief

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Greater Health for a Greater Life



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