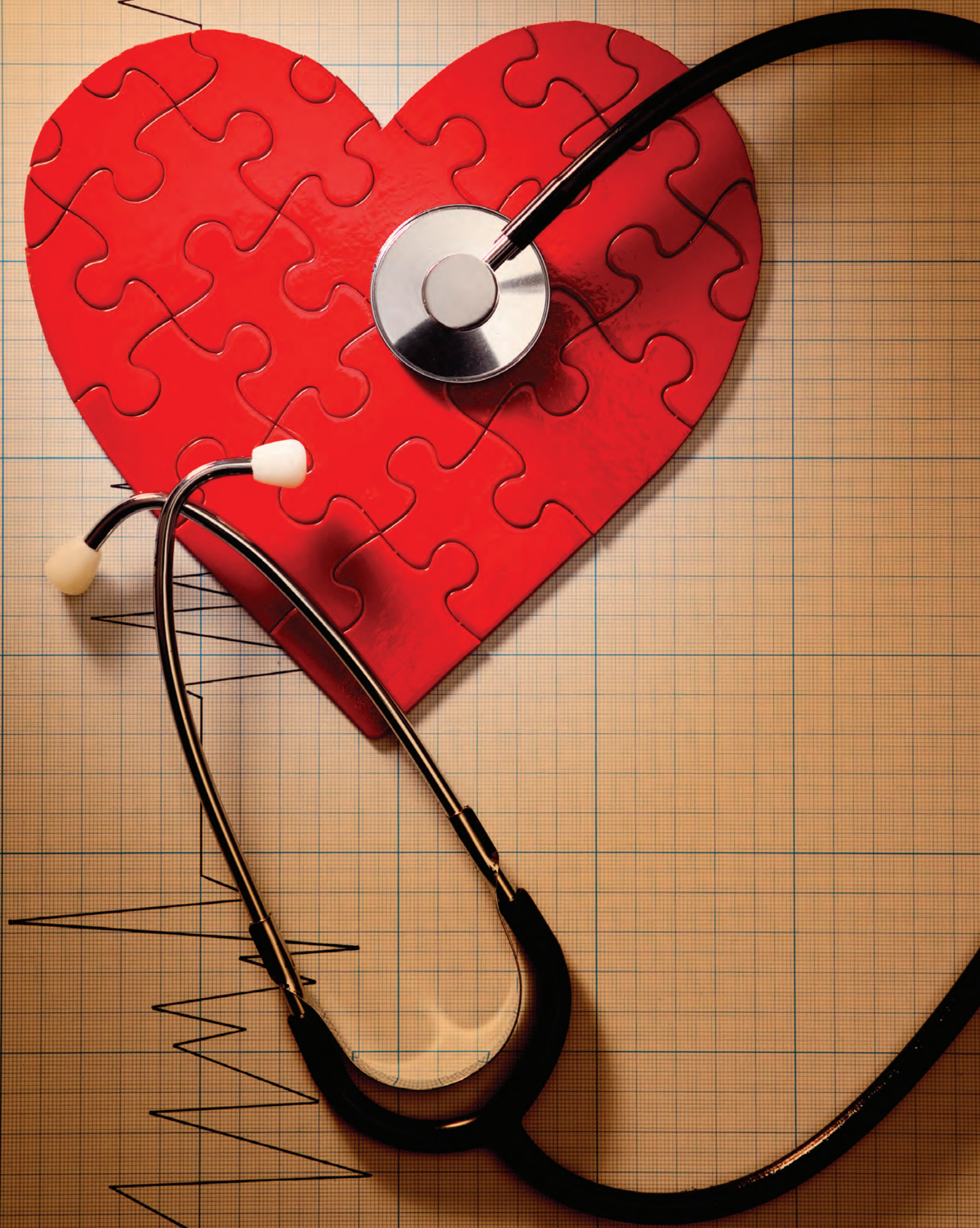


HEALTHCARE



CUSTOM CONTENT • May 14, 2018

Presented by



KAISER PERMANENTE®

The Fountain of Youth Is Closer Than You Think

How crystal heat therapy is helping keep Newport young

The legend, the myth and now history: the Fountain of Youth could be right in your backyard. Consider this: the secret to staying young doesn't necessarily need to be hidden in a forbidden temple in an undiscovered land. In fact, we've been getting better at it over the years. And new technology at Rejuvenation Wellness, a health and wellness center, has been helping people manage pain, distress, regain energy and feel younger and younger — everything that the Fountain of Youth is said to offer; rejuvenation.



**REJUVENATION
WELLNESS**

Better Circulation. Better Health.

"This is really a one-of-a-kind, personalized (customized) therapy, based on your ailment," says Bettina Zellmer, Manager and Senior Therapist. "We've had people with arthritis who could not move their fingers properly and the results are just unbelievable."

Crystal Heat Therapy is a soothing, safe and gentle process. Therapists are

simply utilizing natural healing powers of the sun's UVA and UVB rays without all the negative side effects.

At their arsenal is a specialized heat therapy machine, which harnesses FAR infrared heat waves via crystalized quartz and emits them to various pain points. It delivers oxygen to cells in the blood stream to increasing metabolism and overall circulation.

The use of far-infrared heat therapy has shown increased health benefits in patients at risk or suffering from many diseases stemming from stress. According to therapists at Rejuvenation Wellness, a health and wellness center that focuses on the use of far-infrared heat and healing crystals, routine therapy has helped clients find relief in muscular and joint pain, a reduction in cardiovascular issues, stress relief and increased energy.

According a study published by the National Center for Biotechnology Information in 2015, far infrared heat therapy can be used for treating various chronic diseases. Far infrared heat, the study concluded, "improves blood flow in heated surface areas,"

which stimulated other vascular activities. And Crystal Heat Therapy is even more effective. Crystal Heat Therapy targets and reaches regions of the body deeper than any other heat therapy on the market.



Rejuvenation Wellness offers free consultation during which therapists identify "pain points," or health issues, and create a customized therapy routine to address those issues. The goal of the center is to provide a lasting solution to ailments and create a path of prevention for those at risk.

Karen Chen opened Rejuvenation Wellness as a preventative and restorative health center. Her work began with counseling those in pain in her native country of China. Seeking to find a solution to multiple ailments, from compromised immune systems to arthritis, Chen consulted the help of scientists to develop Crystal Heat Therapy.

For more information about Rejuvenation Wellness, visit us online at www.RejuvenationWellness.org or even better, stop by to see it for yourself. Call 949-541-9999 for a free consultation today.



If you can't manage stress, you won't manage success.

Let us help you fight stress and take back control of your life.

At Rejuvenation Wellness we've had success with Crystal Heat Therapy. It is one of the best stress reducers. It opens up your blood vessels to provide more oxygen and nutrients to cells in the blood stream increasing metabolism and overall circulation.

Get a free consultation and learn about how Crystal Heat Therapy can help you:

- Reduce anxiety, restlessness and irritability
- Increase energy and motivation
- Get relief from headaches, chest pain, stomach aches and other stress-related ailments

*To see if this therapy is right for you,
we invite you to a free consultation. Call (949) 541-9999, or
visit us at RejuvenationWellness.org*



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For more information, visit ucirvinehealth.org

UCI Health

*Best Doctors Inc. asked more than 50,000 world-renowned medical experts: "If you or a loved one needed a physician in your specialty, to whom would you refer?" Only 5 percent of U.S. doctors earn this distinction.

It's Time to Give your Employee Health Plan a Checkup



Barry Arbuckle, PhD
President & CEO
MemorialCare

Moving to Value-based Care

There's a sea change underway in employee health benefits. Using a value-based approach, employers, health plans and providers are working together to offer more sustainable, high-quality employee healthcare.

A growing number of employers are taking advantage of accountable care offerings including MemorialCare's Aetna Whole Health, Vivity or preferred partnership models like the one MemorialCare customized for

Boeing employees. Today, more than 270,000 patients participate in our value-based plans with easy access to many locations providing both acute care and ambulatory care.

If you're wondering how your company's healthcare plans can be restructured so employees receive better care and better service, at a more affordable price, start by asking these three questions:

- Does your health plan offer data driven healthcare?
- Can employees access convenient integrated healthcare?
- Does your provider offer high-value ambulatory care?

1. Does Your Health Plan Offer Data Driven Healthcare?

Value-based healthcare plans leverage analytics to improve your employees' care. For example, claims data can help identify patients making numerous visits to the Emergency Department. If that's the case, a clinical team will reach out, privately and personally, to connect the patient with primary and specialty care to help them manage their condition better. Everyone wins. The employee gets better care, and the overall costs of healthcare go down.

Providers in value-based plans are incentivised to manage the total cost of your employees' care, collaborate with health plans to constantly lower costs, and improve quality.

In MemorialCare's case, we are transparent with employers about our performance in quality, service and cost measures. We take accountability for delivering better healthcare outcomes.

2. Can Employees Access Convenient Integrated Healthcare?

Busy families need access to convenient healthcare that's close to work and home. It's important that your provider offers the continuum of care: primary, urgent, imaging, surgical, dialysis, pediatrics, and the full range of specialty services.

Over the past decade MemorialCare has rapidly expanded to provide Southern California patients with access to care at more than 200 locations across Orange and LA counties. Using a shared electronic medical record system, providers at different locations can see the entire picture of a patient's health.

3. Does Your Provider Offer High-Value Ambulatory Care?

Depending on a patient's condition, some procedures and services simply must be delivered in a hospital environment. In order to support acute care needs, the costs for hospital-licensed outpatient care are naturally higher. However, many other healthcare services can and should be offered in a convenient ambulatory location. Without the high overhead of acute care, community-based, ambulatory locations can offer a lower price point than hospital-licensed facilities.

In MemorialCare's case, our ambulatory network of imaging, surgical and dialysis centers complements our highly-advanced hospital centers to offer your employees, depending on preference or clinical need, exceptional services in a lower cost setting.

Sharing Healthcare Savings with Employer Plans and Consumers

Potential Healthcare Savings at Ambulatory vs. Acute Care Sites

Imaging	Up to 350% price difference in non-hospital licensed sites.
Surgical	Up to 250% price difference in non-hospital licensed sites.

MemorialCare includes five leading medical centers, 350 primary care physicians and 2,000 specialists, 34 freestanding imaging centers and 9 surgical centers. All these sites focus on keeping your employees healthy and your healthcare costs in check. Employers can visit memorialcare.org/works or call 714-377-2960 to learn more about convenient, accessible, value-based healthcare.



What if you could offer health benefits for less?



MemorialCare is the region's leader in value-based healthcare. Our unique health benefit products hold us accountable for delivering exceptional care and service at a reduced cost.

Your employees can have access to hundreds of award-winning primary care physicians, thousands of specialists, convenient urgent care, imaging and surgery centers near where they live and work.

For your business and your employees we are dedicated to delivering value. At **MemorialCare**, we do **what's best for you**.

Learn more about our employer health plans.
memorialcare.org/works





CHOC Children's Opens Mental Health Inpatient Center

CHOC Children's recently opened Mental Health Inpatient Center fills a gap in a long-fragmented system that left children younger than 12 with no inpatient psychiatric services in Orange County. The 12,000-square foot, 18-bed facility is the only one in Orange County to treat patients younger than 12. Further, it is the only facility in California to offer all private rooms, as well as an option for parents to stay overnight with their children, as appropriate.

"For the first time, Orange County children younger than 12 experiencing a mental health crisis will have a place for care close to home," CHOC President and CEO Kimberly Chavalas Cripe said. "The Center is evidence of CHOC's commitment to ensuring that every Orange County youth receives the mental health care services they need in a safe and healing environment."

Unique and Innovative Features

The Center's other unique features include two sensory rooms – one sensory-rich and the other low-stimulation to help children learn to manage strong emotions and calm themselves. In addition, the facility includes a 3,600-square-foot outdoor play area with sensory activities and basketball court.

The Center's innovative floor plan was designed with guidance from national experts and incorporates elements of several exemplary programs observed by CHOC staff. It was built with two primary goals in mind: patient safety and creating an optimal healing environment. To that end, the facility incorporates safety features such as shatterproof glass, special high-density materials, doors that open one at a time, and many other measures. Meanwhile, the Center's design includes elements of nature, curved features and a soothing color palette to promote healing and relaxation.

With Dr. Hoang "Wayne" D. Nguyen as its medical director, the Center serves patients ages 3 to 17, with specialty programming available to children 12 and younger. Patients participate in therapeutic programming seven days a week, which is unique among inpatient facilities. During their stay, typically five to seven days, patients have access to medical specialists if assessments suggest a relationship between the mental health condition and an underlying health issue.

Creating a Mental Health System of Care

CHOC broke ground on the Center, housed on the third floor of its research building, in September 2016. Plans for the Center were announced in May 2015 as the centerpiece of a pediatric system of mental health care that would be scalable and replicable by other health systems nationwide.

"CHOC is committed to the truth that mental health is as important as physical health," Cripe said. "Put simply, health is health. We want to create a system that others can replicate and help empower health systems across the country to support children's mental health."

CHOC's broad and robust pediatric system of mental health care has been built to facilitate early diagnosis, intervention and treatment of pediatric mental health problems.

The system's components include the ASPIRE® (After School Program Interventions and Resiliency Education) Intensive Outpatient Program at CHOC Children's, designed to prevent psychiatric hospitalization and

re-admission; mental health screenings in primary and specialty care settings; pediatric mental health training for community health care providers, school personnel and therapists; and a co-occurring clinic for patients with mental health challenges complicated by physical illnesses.

Other aspects include mental health triage at the Julia and George Argyros Emergency Department at CHOC Children's Hospital; an early childhood mental health initiative set to begin in spring 2018 that is aimed at reducing behavior-related suspensions from child care and preschool settings; and faith community partnerships.

"While the Mental Health Inpatient Center at CHOC Children's will support children and families while in crisis, we cannot meet all the needs for pediatric mental health care alone," Cripe said. "By joining with our community partners, we are working together to ensure that children get the help they need when they need it and where they need it."

Indeed, one in five children experience a diagnosable mental health condition during childhood — about 150,000 children in Orange County alone. Previously, the absence of designated space to treat young patients and a shortage of beds for adolescents in Orange County meant that often children with serious mental health episodes remained in emergency departments for days at a time waiting for a bed in an outside county.

The total cost to build the CHOC Children's Mental Health Inpatient Center was \$13.2 million, with funding comprised of individual philanthropy, government funding and grants. Lead gifts were provided by children's advocate Sandy Segerstrom Daniels and the From My Heart/Sharon D. Lund Foundation.

To learn more about CHOC's mental health services, visit choc.org/mentalhealth.

CHOC Children's

Named one of the best children's hospitals by U.S. News & World Report (2017-2018), CHOC Children's is exclusively committed to the health and well-being of children through clinical expertise, advocacy, outreach, education and research that brings advanced treatment to pediatric patients. Affiliated with the University of California, Irvine, CHOC's regional health care network includes two state-of-the-art hospitals in Orange and Mission Viejo, many primary and specialty care clinics, a pediatric residency program, and four clinical centers of excellence – the CHOC Children's Heart, Neuroscience, Orthopaedic and Hyundai Cancer Institutes.

CHOC earned the Gold Level CAPE Award from the California Council of Excellence, the only children's hospital in California to ever earn this distinction, and was awarded Magnet designation, the highest honor bestowed to hospitals for nursing excellence. Recognized for extraordinary commitment to high-quality critical care standards, CHOC's Pediatric Intensive Care Unit (PICU) is the first in the United States to earn the Beacon Award for Pediatric Critical Care Excellence. To learn more about CHOC, visit choc.org.



WHAT'S REALLY DEPRESSING IS HOW OFTEN
CHILDHOOD MENTAL ILLNESS GOES UNTREATED.

A staggering one in five children have a diagnosable mental disorder. But because of the stigma surrounding mental illness, many of these kids will never receive treatment. Until we start talking openly and honestly about this widespread epidemic, our children will continue to suffer in silence.

Help us start the conversation at CHOC.org/MentalHealth #HealthIsHealth  **CHOC** Children's.





KAISER PERMANENTE®

Committed to Helping Shape the Future of Health Care

As one of America's leading health care providers and not-for-profit health plans, Kaiser Permanente is committed to helping shape the future of health care. Our expert and caring medical teams are empowered and supported by industry-leading technology advances and tools for health promotion, disease prevention, state-of-the-art care delivery and world-class chronic disease management. Our next generation medical offices continue our legacy of innovation by transforming the care experience.

Last year, Kaiser Permanente opened its first Orange County next generation medical office, a state-of-the-art, 28,000 square foot, two-story building in La Habra located at 601 East Imperial Highway, set to change the way health care is delivered to its members in North Orange County. The new medical offices feature a modern and open design. Its interiors were created to focus on the human experience for members, with views of nature and daylight throughout the building. The new offices offer Kaiser Permanente members a health care experience that looks and feels completely different from what they've experienced in the past. This includes, a complete rethinking of the patient experience, from pre-arrival to the check-in process to the engagement of the waiting area to the way providers and care teams interact with members and one another.

With many parts of people's lives now digitally enabled, for Kaiser Permanente that means harnessing design, technology and workflow to create an intuitive and convenient experience for members and care teams. It also means developing a much more agile and flexible environment that meets the evolving technology and service needs of those increasingly tech-savvy members and care teams. The idea of being pervasive, having multiple ways to interact, Kaiser Permanente believes, impacts people's lives in a much more meaningful way.

Kaiser Permanente La Habra Medical Offices' new features and technology include a variety of check-in options (via online, self-service kiosks, or with a service representative), wait-time calculators, mobile physician workstations

(tablets and other devices), and an enhanced environment that includes telehealth capabilities and waiting areas that educate, entertain and reinforce Kaiser Permanente's Thrive brand. The offices feature 25 exam rooms and 16 physician offices. Primary and specialty care services include family medicine, internal medicine, pediatrics, mental health, laboratory, pharmacy, imaging and a nurse clinic. The campus also includes a community room and a Thrive walking path.

In addition, Kaiser Permanente is collaborating with Target to expand existing efforts to bring high-quality, affordable, patient-centered health care in convenient, trusted and familiar settings.

Kaiser Permanente and Target Corporation recently opened the second Orange County *Target Clinic, Care Provided by Kaiser Permanente* at the North Irvine location at 13200 Jamboree Road. The other Orange County location is in West Fullerton at 1893 W. Malvern Avenue. The Kaiser Permanente-staffed retail clinics in Target stores provide care to its members and Target guests days, evenings, and weekends. No appointment necessary. Kaiser Permanente staffs the clinics with licensed nurse practitioners and licensed vocational nurses, and have physicians available via telemedicine consultations. The clinics offer Target guests a broad array of services, including: pediatric care; women's health care; monitoring and care for chronic conditions including diabetes, cholesterol and high blood pressure; basic dermatology services; and treatment for minor illnesses including strep throat, vaccinations, sinus pain, earaches, asthma, and cold and flu.

Kaiser Permanente's new model is designed to help make health care member-centric. From next-generation medical facilities and retail Target clinics to self-directed care, it creates various ways for members to access care and interact with Kaiser Permanente, ultimately helping move health care outside of our traditional office settings.

For more information, visit kp.org/orangecounty.





WE'RE ALL IN THIS TOGETHER.

At Kaiser Permanente, we don't see health as an industry. We see it as a cause. Our doors, hearts and minds are always open to help every last one of you thrive. Learn more at kp.org/orangecounty.



Opening an LGBTQ Health Center for Orange County Matters

Our society has made tremendous progress in overcoming healthcare barriers for LGBTQ members of our community in the last few decades but today that progress is at risk. During a May 1 panel on this topic hosted by Radiant Health Centers and our partner, LGBTs in the News, we heard why that should matter to everyone in Orange County.

The number of LGBTQ people not covered by some form of private or public health insurance has dropped from 22 percent to 11 percent since the Affordable Care Act. However, our expert panelists including Orange County academics, a sexual health physician, a national health policy analyst and myself as an HIV/AIDS services provider, explained that stigma continues to be an issue. It becomes a barrier that deters LGBTQ people from accessing care, being prescribed the medications they need and having important open discussions with their health providers.

A healthcare conversation is often one of the most intimate conversations we can have with someone outside of our immediate family. It is a vulnerable moment—regardless of who you are.

One panelist, Newport Beach Obstetrician and Gynecologist, Dr. Michael Krychman explained that during a physician's four-year medical education, they receive on average only four hours of instruction on sexual health and a



Phil Yaeger, CEO

miniscule portion of that instruction may deal with LGBTQ health issues. This means healthcare providers lack familiarity and understanding of LGBTQ health issues, which creates a need for specialized providers.

Ultimately, members of Orange County's LGBTQ community need a healthcare home where they can feel welcomed and understood so that they're more likely to get the primary care and treatments they need.

When healthcare needs are deferred, whether for lack of insurance or fear of stigma or rejection, public health issues arise. These can manifest in higher rates of infectious diseases as people don't get diagnosed or treated, or in higher costs borne by the healthcare system when small healthcare issues snowball into large and expensive ones.

In the case of HIV, for instance, we can end its spread by ensuring people are tested, know their status and get medications to suppress the virus to the point it is both undetectable and untransmittable. Six people per week test positive for HIV in Orange County, so we need to do

more as a community to promote testing and access to these drugs.

Another important medical intervention is something called PrEP – Pre-exposure prophylaxis. It is a medication that can protect someone who is HIV negative from HIV when taken daily. That said, sometimes those who most



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need this important preventative prescription are not getting it. That can be because providers aren't familiar enough to prescribe it or are more concerned that PrEP will encourage unsafe sex than they are about preventing HIV—a chronic and expensive lifelong condition.

The third reason PrEP may not be getting to those who need it is the patient's own fear of or discomfort speaking up to a trusted medical provider to request it.

HIV is known as one of the major healthcare disparities that disproportionately impacts the LGBTQ community.

Our panel of experts highlighted that we are in an era where such statistics are getting harder to come by, as the federal government is rolling back their data collection on LGBTQ health and other life experiences.

One of the premier research organizations investigating LGBTQ health issues, The Fenway Institute in Boston, was represented on our panel by their director of policy research, Sean Cahill, Ph.D. who explained why rolling back data collection is a problem: "If they don't count us, we don't count."

In April, the Department of Justice provided notice that a voluntary set of questions about sexual orientation and gender identity in an annual crime victimization study would be removed for anyone under 18. It had previously been an optional question for youth 16 and older to answer.

A federal survey on seniors conducted annually by the U.S. Department of Health and Human Services may be eliminating data collection for LGBTQ seniors from its annual survey.

The 2020 Census will now count same-sex versus opposite-sex partners, which is a helpful addition; however, earlier plans to ask questions of sexual orientation and gender identity have been scrubbed.

Without solid data on LGBTQ youth, seniors and trends impacting the wider LGBTQ demographic, two things happen. First, we are left with only anecdotal information about the rate at which LGBTQ youth are victimized or aging LGBTQ people are experiencing health issues or isolation.

The second and more impactful outcome is that organizations like ours that provide social and health services to the LGBTQ community lose the opportunity to pursue millions in federal funding.

AARP recently published its own survey of over 1,700 LGBTQ Americans 45 and older finding that half (52 percent) feared discrimination in health care as they age, and 88 percent want providers in long-term care facilities who are specifically trained to meet LGBTQ patient needs.

Anecdotally, panelist Dr. Cordula Dick-Muehlke of University of California, Irvine shared the story of a transgender woman placed into a senior living community for men. She was able to conceal her gender from others until staff had to help her bathe. Today, we're hearing of LGBTQ senior living communities being built in San Diego and Palm Springs to provide culturally appropriate living spaces for the LGBTQ community.

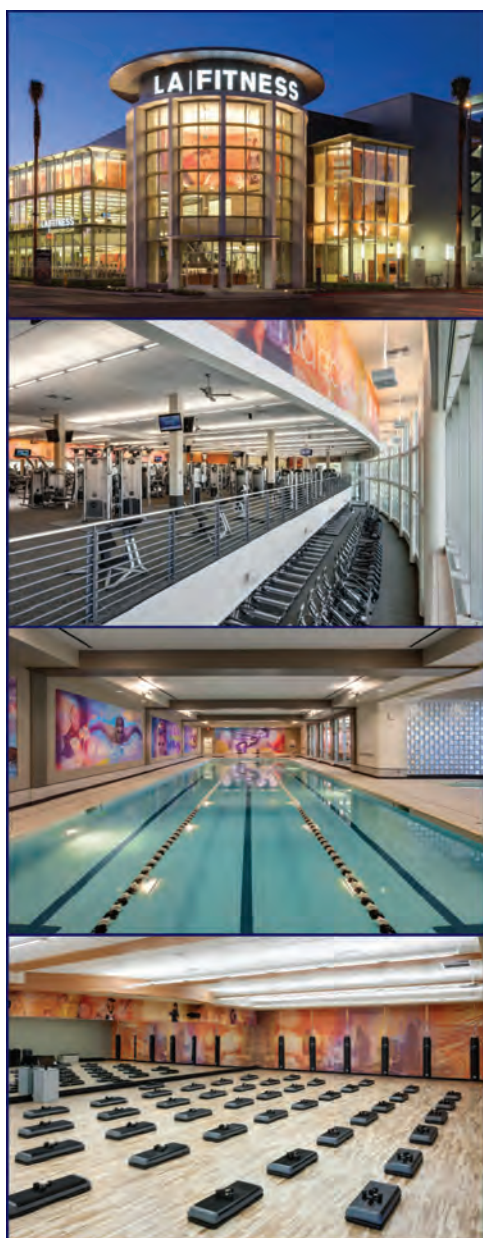
A dedicated federally qualified health center for the LGBTQ community provides much of the same safe and welcoming space as a dedicated senior living facility. And it also addresses the barriers and disparities that if left untended in our community, will have serious public health and cost consequences.

That is why we have launched our Campaign for Radiant Health Centers to raise funds to build a dedicated LGBTQ health center and create a healthy Orange County for all.

To learn more and support Radiant Health Centers, visit www.radianthealthcenters.org.

Radiant Health Centers

Radiant Health Centers has provided more than three decades of exceptional care and support to people affected by HIV and their loved ones. It has been instrumental in driving new HIV transmissions down over the past 15 years; however, six people a week in Orange County are still diagnosed with HIV. Radiant Health Centers encompasses traditional HIV testing and prevention outreach as well as long-standing services to Orange County's HIV positive community while also creating a safe space to help more members of our LGBTQ community in need of compassionate care. Learn more at www.radianthealthcenters.org.



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