

# HEALTHCARE

*CUSTOM CONTENT • May 13, 2019*



*Presented by*







## MemorialCare Partners with Employers to Maintain a Healthy Workforce

If you want to lower your employee healthcare costs while keeping your work force healthy, there are compelling reasons to look to MemorialCare. MemorialCare is the leader in value-based healthcare, a model that rewards doctors and hospitals based on the quality of care provided, rather than the volume of care. Value-based care puts the patient at the center of the healthcare experience and emphasizes the importance of keeping people healthy.

For employers, value-based care is demonstrating real, tangible cost-savings and improved health outcomes. This is especially important when it comes to workers' compensation.

### Occupational Medicine Program

Worker's compensation is a complicated system for employers and employees alike to navigate. MemorialCare's Occupational Medicine program is designed to simplify the experience and keep employers informed through every step of the process.

When one of your employees is injured or ill, our occupational medicine practices provide high-quality, appropriate care that ensures their recovery in the shortest time possible. Throughout treatment, our case management program guides both you and your employee through the process. As the employer, you'll receive timely work status reports, authorizations and notices of missed appointments.

### Experience That Delivers

For the last decade, MemorialCare has been at the forefront of the shift to value-based care through our innovative Accountable Care Organizations (ACOs). We're proud to be in more value-based products than any other health system in Southern California. You'll find our ACOs in Aetna Whole Health, in a PPO accountable care plan. We've also partnered with Anthem and six other health systems – Cedars-Sinai, PIH Health, Huntington Hospital, UCLA Health, Good Samaritan Hospital, and Torrance Memorial Medical Center – to create Vivity, a high-value HMO product that provides access to exceptional health care throughout Los Angeles and Orange County.

We also offer Direct-to-Employer (DTE) options, including the MemorialCare Health Alliance with Boeing. This is the first Direct-to-Employer plan of its kind in California. We're proud to say that today, more than 270,000 patients participate in our value-based networks.

### Quality, Convenient Care

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

MemorialCare's service area spans from the South Bay to South Orange County, with more than 200 locations across Orange and Los Angeles counties. MemorialCare's network includes four leading medical centers, 350 primary care physicians, 2,000 specialists, 34 freestanding imaging centers and 9 surgical centers. All these sites focus on keeping your employees healthy and your health care costs in check. Using a shared electronic medical record system, providers at different locations can see the entire picture of a patient's health.

### Recognized for Exceptional Care

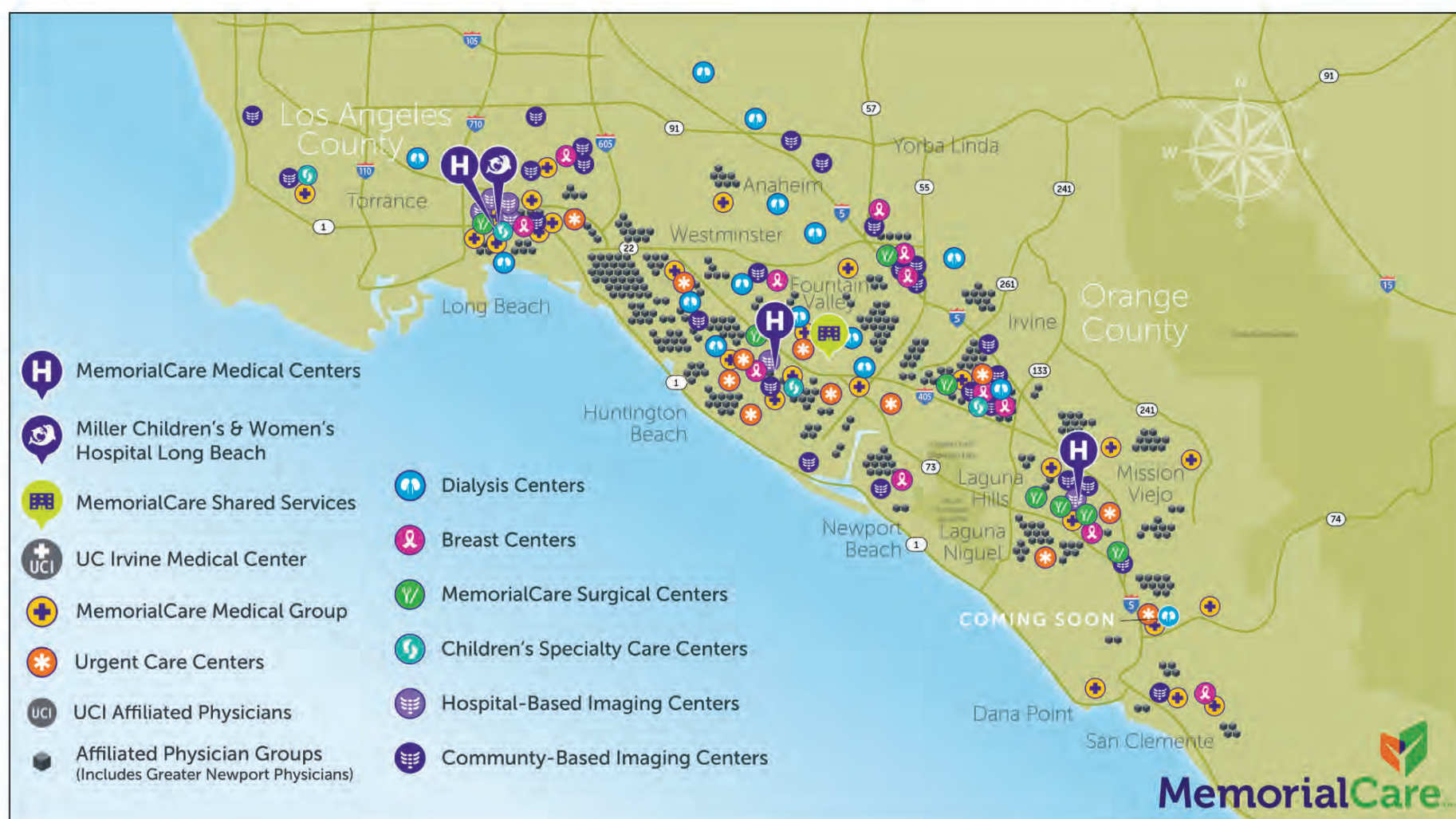
MemorialCare Medical Group (MCMG) was ranked Number One and Greater Newport Physicians (GNP), Number Two, in Orange County in the 2018 Patient Assessment Survey, which measures overall patient satisfaction with medical groups\*. In CMS' Five-Star Quality Measures rankings, GNP has been awarded 4.5 Stars and MCMG earned 4 stars. Both groups have been recognized by the Integrated Healthcare Association as among the top groups in the state for quality-of-care, patient experience, and use of information technology. Our Orange County hospitals, Orange Coast Medical Center and Saddleback Medical Center, scored Number One and Number Two in the Orange County Register's "Best of Orange County" for 2018.

### Learn More

If you are looking for a higher-quality, more cost-effective approach to worker's compensation, look to MemorialCare. MemorialCare's physicians, care teams and staff take pride in providing the highest standard of medical care and service in the industry.

Visit [memorialcare.org](http://memorialcare.org) or call Cathy Capaldi, Senior Vice President, Business Development at (714) 377-2960 or Christopher Arias, Director, Business Development at (714) 377-2942 to learn more about convenient, accessible, value-based health care. For more information on occupational medicine, email [ocmed@memorialcare.org](mailto:ocmed@memorialcare.org)

\*The Patient Assessment Survey is a non-profit, multi-stakeholder initiative to accurately measure patient experience. In operation for 17 years, feedback is gathered annually from over 40,000 patients across California. Results are made available to the public through the Office of the Patient Advocate Medical Group - Commercial Report Card.





# What's best for Orange County is **What's best for you.**



Doing what's best for you is our entire reason for being. It's what motivates us to constantly innovate our procedures, improve our services, and deliver a patient experience that encompasses your physical, emotional, and financial health. And because we're a comprehensive system, no matter where you live in Orange County, you'll find a close, convenient location with everything you need to be your best, most healthy self.

For a referral to a top physician, visit [memorialcare.org](https://www.memorialcare.org) or call **1.800.MEMORIAL**.



Greater Newport Physicians | MemorialCare Medical Group | Orange Coast Medical Center | Saddleback Medical Center





CHOC opened its mental health inpatient center last April, filling a gap in care that left children younger than 12 with no inpatient services in Orange County.



CHOC's mental health inpatient center features an innovative design that promotes patient safety and optimal healing for children 3 to 17.

## Holistic System of Care: Achieving Mental Wellness for Children, Teens and Their Families

Just before turning 3, Gavyn Bailey received a kidney transplant. Thereafter, he began to require anti-rejection medications, which create additional health concerns, including thickening of the heart muscle, necrosis of the hip, gastrointestinal issues and bacterial infections. The pain and challenges associated with his chronic condition propelled the now 21-year-old into a deep depression. To cope, Gavyn self-medicated and exhibited other forms of self-injurious behavior.

Gavyn's case shows why it's imperative that physical and mental health be integrated. Mental illness can produce physical illness. Physical conditions can affect mental health, as it did with Gavyn. Our health care system has historically been fragmented, with physical and mental health treatments being compartmentalized. When we recognize the mind-body connection, we can produce better integrated treatments that have improved outcomes. Stories like Gavyn's are why CHOC Children's created a co-occurring clinic. This unique, publicly-funded outpatient program treats children and teens who have serious or chronic physical illnesses or disabilities, as well as mental health conditions. The program uses specially trained mental health providers who understand medical conditions and collaborate with our physicians.

Not all pediatric mental health cases are as complex as Gavyn's, but one in five young people in the United States has a diagnosable mental health condition during childhood. Half of people with lifetime mental illness have symptoms by age 14. And suicide is the second leading cause of death in children and young adults ages 10 to 24. That's why prevention, detection and early intervention are so important – to keep mental illness from advancing and becoming more complicated to treat.

### An innovative mental health system of care

CHOC Children's vision for a mental health system of care recognizes and addresses the unmistakable link between mental and physical health. Without early, timely identification and appropriate treatment, children who are anxious, depressed, withdrawn, experiencing hallucinations, harming family members and pets, or injuring themselves are at increased risk of having long-term impacts on their health and well-being. A reliable mental health system of care has the potential to turn lives around—providing services that reach children while the developing brain still has the greatest potential to respond. Further, treating children early can also have a major effect on the adult mental health problem.

For children with the most severe mental health crises, CHOC opened an 18-bed Mental Health Inpatient Center in April 2018. The CHOC Children's Mental Health Inpatient Center is the first pediatric, inpatient mental health facility in Orange County for children 3 to 17 years old with specialty programming for children younger than 12. It is designed to meet the unique needs of kids and teens. The Center has 18 private rooms, an outdoor playground, and multipurpose areas for consultation, therapy, recreation and treatment. It's also the only inpatient psychiatric facility in California where parents can stay in the rooms with their children. With more than 600 admissions in its first year of operation, the Center achieved an 86 percent positive rating in its patient experience survey.

CHOC also established a complementary adolescent intensive eight-week outpatient program that is intended to prevent psychiatric hospitalization and re-admission. The ASPIRE® (After School Program Interventions and Resiliency Education) Intensive Outpatient Program (IOP) at CHOC

Children's is an outpatient, mental health treatment program for high-school aged teens 13 – 18 with moderate to severe symptoms of anxiety, depression or other symptoms related to a mental health condition. The IOP is held four days a week, for eight weeks with after-school hours. It is an adherent DBT program that uses dialectical behavioral therapy (DBT), including mindfulness exercises, coping and problem-solving skills, art therapy and other expressive therapies

to help teens develop and practice healthy behaviors and coping strategies. Parents or guardians also participate in family counseling and skills groups. To learn more about IOP, call 714-509-8481.

Additional components of CHOC's robust pediatric mental health system of care include screenings in primary and specialty care settings; pediatric mental health training for community health care providers, school personnel and therapists; mental health triage at the Julia and George Argyros Emergency Department at CHOC Children's Hospital; an early childhood mental health initiative 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 supports children and families while in crisis, we cannot meet all the needs for pediatric mental health care alone," CHOC President and CEO Kim 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."

### It takes a village

The pediatric mental health crisis is too big for any one industry or community segment to tackle on its own. That's what led CHOC to create a county-wide task comprised of representatives from health care, including payers, education, law enforcement, the faith-based community, government leaders and agencies and private sector leaders, working together on solutions. Creating new services to address the need was critical. But ensuring children and their families have access to care was equally imperative.

Providers and payers can agree that mental and physical health are intertwined and that the need to address health holistically extends to the health of children, teens and young adults. What's more, a child's health problem often impacts the entire family and can place additional stress on a parent who is juggling job and family responsibilities.

Employers can be part of the solution by offering benefits plans that provide access to care and resources to help families. For example, Employee Assistance Programs can help make it easier for employees to receive counseling, referrals and advice in dealing with a child's mental health problem that might adversely impact the employee's well-being and job performance. Integrated medical/behavioral health plans can work with the entire family when a child or adolescent is receiving mental health services; and mental health first-aid training can help employees learn risk factors and warning signs for mental health concerns, as well as strategies to help someone and to know where to seek help.

Providers, payers and employers all have a role in ensuring access to a holistic system of care. Working together, and with an increased focus on prevention, we can help young people and their families truly be their healthiest – in both mind and body.

If you'd like to join CHOC's efforts, visit [choc.org/mentalhealth](http://choc.org/mentalhealth).





©2019 Children's Hospital of Orange County. All rights reserved.



hildhood

NEVER WALKS AROUND,

IT ALWAYS JUMPS IN.

At CHOC Children's, we are sworn to  
keep the magic of childhood alive and well.  
Learn more at [CHOC.org/childhood](https://CHOC.org/childhood)



LONG LIVE CHILDHOOD





## Hoag Offers the Future of Cancer Care – Now

One day, cancer care will be more precise, targeted and effective for patients everywhere. Until then, the care of the future is available to patients at Hoag today.

Hoag Family Cancer Institute is one of the few community hospitals in the nation to conduct trials for recently discovered cancer drugs, as well as a leader in precision medicine, an approach to cancer care that designs targeted therapies based on an analysis of genes in an individual's tumor cells.

This level of access is usually found exclusively in the nation's largest academic institutions. But thanks to generous philanthropic support, Hoag is one of the few community hospitals in the nation, and the only one in Orange County, to give patients the medications and therapies that push far into the frontiers of medical discovery – all while remaining in their own neighborhood.

"Historically, the only treatment options for cancer were surgery, radiation and chemotherapy. Clinical trials are taking us into an era that is more focused and sophisticated, and Hoag is leading that charge through a Cancer Clinical Research Program that rivals the largest academic institutions in the country," said medical oncologist Diana Hanna, M.D.

Dr. Hanna has published research related to predicting and preventing cancer and has extensive experience developing clinical trial protocols, skills she has brought to Hoag.

"For most patients, treatment options such as precision medicine, immunotherapy and injectable chemotherapies, are out there on the horizon," she said. "At Hoag, we are already able to provide these approaches, moving past where standard treatments leave off."

Led by oncologists who specialize in early phase research, as well as a team of cancer research coordinators who work alongside patients and families throughout the trial, Hoag's Cancer Clinical Research Program offers early phase trials for most tumor types, with new trials becoming available every month.

"We are able to provide clinical trials as a first line of therapy and beyond," said Burton L. Eisenberg, M.D., Grace E. Hoag Executive Medical Director Endowed Chair of Hoag Family Cancer Institute. "This gives us a tighter grip on cancer, a smarter approach to treatment and better, longer-lasting results."

### Targeting Cancer Through Individualized Genetics

In addition to new and emerging drugs and therapies, Hoag provides patients with access to innovations in precision medicine. Precision medicine refers to a personalized approach to caring for patients that takes into account an individual's genetics and genomics in the early detection, diagnosis, treatment and prevention of disease.

Through DNA sequencing of a patient's cancer, Hoag can evaluate the exact genetic makeup of that particular patient's disease and offer recommendations for potentially more targeted, effective therapy. Precision medicine is allowing Hoag's oncologists to think past the treatment of "breast cancer" or "colon cancer;" they can now treat an individual patient's particular cancer, using the DNA of the tumor itself.

"At Hoag we recognize that the traditional approach to cancer treatment is a thing of the past," said Michael Demeure, M.D., program director for Precision Medicine at Hoag Family Cancer Institute. "Clinical innovation has allowed us to evolve to better understand an individual's tumor and treat it with precision medicine, minimally invasive surgery and other methods that address the cancer while being mindful that we are treating a person."



Hoag's Precision Medicine Program



Hoag Family Cancer Institute offers comprehensive treatment centers in both Newport Beach and Irvine.

Having led an active research lab for more than 20 years, Dr. Demeure is a leader in using genomic technologies to develop novel biomarkers, new therapeutic targets, and related therapies in the management of endocrine and gastrointestinal cancers.

"We want to target the cancer while preserving the highest possible quality of life for our patients here at Hoag," Demeure said. "Precision medicine and many of the techniques and protocols being developed today are making that increasingly possible."

To provide the most thorough treatment available, a dedicated molecular tumor board meets monthly to discuss patient cases. No other hospital in Orange County provides this level of comprehensive, customized care.

### Hoag Treats the Whole Person

Beyond the clinical, Hoag understands that cancer takes its toll on the patient's emotions, finances and relationships. In addition to traditional counseling and support groups, Hoag offers workshops and classes that address all aspects of healing, including art and creativity, spiritual healing, and exercise.

This dedication to innovation, coupled with Hoag's patient-centric approach, helps to explain why Hoag is the largest volume provider of cancer care in Orange County, ranked in the top 10 percent in the nation by *U.S. News & World Report*.

Built on a 65-year history, Hoag also has a proud, longstanding connection with community physicians and specialists – helping to ensure that the innovative, future-forward therapies patients receive at Hoag are understood and supported by a patient's entire medical team.

"That is something that really sets us apart – the marriage of world-renowned, innovative treatment options with community hospital compassion and care," Dr. Eisenberg said. "People call us a community hospital, and we are, but it's highly unusual to find a community hospital with the level of excellence and innovation that we are able to achieve here."

In addition to precision medicine and innovative clinical trials, Hoag's specialized cancer programs include:

- Prevention, High Risk and Early Detection Programs
- 12 tumor site-specific programs with dedicated clinical and support teams
- Infusion Services
- Radiation Oncology
- Sophisticated Surgical Capabilities, including a Robotic Surgery Program
- Hereditary Cancer Program
- Extensive Support Services

Hoag's robust offering is a testament to the support of the community, the vision of physician leaders and the environment of innovation and excellence that informs everything that Hoag does.

"At Hoag, we have never believed in looking to the horizon and hoping cancer treatments 'hurry up' in time to benefit our patients. We strive to be that gathering force that comes in from the distance," Dr. Eisenberg said. "What are considered far-off treatments at other facilities are quickly becoming standard treatments here. We owe it to our patients not to wait for the future, but to deliver it to them today."

**Let Hoag help you conquer cancer - whether you have concerns about cancer risk, are seeking treatment or want a second opinion. Call today to be connected with a nurse navigator or team member.**

**For more information, call 888-283-5181 or visit [www.hoag.org/conquer](http://www.hoag.org/conquer).**





Highest Ranked Hospital  
in Orange County



Burton L. Eisenberg, M.D.  
Grace E. Hoag  
Executive Medical Director  
Endowed Chair  
Chief Family Cancer

Precision medicine.

Early development research.

Our award-winning multispecialty cancer team.

Your strength of spirit.

# TOGETHER WE<sup>SM</sup> CONQUER CANCER

Visit [hoag.org/conquer](http://hoag.org/conquer)



Hoag Family  
Cancer Institute





# Let us help you fight your cancer

Cancer may be more than 100 different diseases, but at the UCI Chao Family Comprehensive Cancer Center, we specialize in yours.

As Orange County's only National Cancer Institute-designated comprehensive cancer center, we lead the way in translating scientific research into advances in patient care.

Our deep bench of experienced specialists includes nationally and internationally recognized pioneers in cancers of the blood, brain, breast, gastrointestinal tract, kidney, lung, ovaries, prostate and uterus, among others.

And as part of UCI Health, Orange County's only academic medical system, we not only have the largest team of cancer experts in our region, but also the most advanced diagnostic and treatment technologies and the area's most modern clinical facilities.

## Powered by a research university

The cancer center's 200-plus members come from more than 32 academic disciplines at UC Irvine's schools of Medicine, Biological Sciences, Physical Sciences, Information & Computer Science, Engineering and Business.

"Our researchers work side-by-side with doctors to give patients quicker access to the newest treatments," says Richard Van Etten, MD, PhD, director of the cancer center, which has received more than \$41 million in research funding.

That includes a recent \$10-million National Institutes of Health grant for groundbreaking cancer research projects centered on the field of systems biology.

"We are positioned to do this novel research because we are embedded within a great research university," Van Etten says. "Other hospitals that lack a university can do research. But we have the complete infrastructure to do this type of complex systems biology work."

## Why choose us?

- No cancer is rare to us. We treat more patients with cancer — and more complex cases — than any other healthcare provider in Orange County.
- We have the largest team of physicians and scientists working together to harness the latest research and develop new approaches to prevent, diagnose and treat cancer. For example, Dr. William E. Karnes has developed artificial intelligence colonoscopy software that decreases the risk of colorectal cancer by more than 90%.
- We have the largest number of active cancer clinical trials in Orange County and the surrounding region. This gives our patients access to promising experimental medicines long before they are available elsewhere.
- Community healthcare providers rely on us to offer potentially life-preserving treatments to patients for whom standard therapies have failed.

## The future is here

Chao Family Comprehensive Cancer Center researchers are hard at work developing alternatives to standard chemotherapy regimens, including efforts to target specific cancer cells and therapies to trigger the immune system to fight cancer.

"Today's new targeted therapies and immunotherapies are really amazing game changers because they can put people into remission," Van Etten says. "We are curing previously incurable cancers. We're taking other cancers and turning them into chronic diseases that patients can live with. The future is already here."

To make an appointment, call 714-694-2168.

For information on clinical trials, email [ucstudy@uci.edu](mailto:ucstudy@uci.edu) or call 877-UC-STUDY (877-827-8839).



# Vital Results

## IN CANCER DETECTION



**90% REDUCTION IN RISK**

**98 IMAGES PER SECOND FOR REAL-TIME, AI-ASSISTED ANALYSIS**

**\$1B IN POTENTIAL HEALTHCARE SAVINGS NATIONWIDE**

Wiping out colorectal cancer in Orange County is UCI Health gastroenterologist Dr. William Karnes' goal. It starts with early detection. To better identify polyps that may develop into colon cancer, he is tapping the power of artificial intelligence (AI). Working with a medical start-up that he cofounded, Karnes harnessed hundreds of thousands of data points and video images to help create the AI Polyp Detector, which provides real-time analysis during colonoscopies. By dramatically improving detection and removal of precancerous polyps, this breakthrough may help prevent colorectal cancer, reduce healthcare costs and even eradicate a disease that's now the second leading cause of U.S. cancer deaths.

To find a cancer specialist or clinical trial, visit [ucihealth.org/cancercenter](https://ucihealth.org/cancercenter) or call 714-694-2168.

**UCI Health**

趙 Chao Family  
Comprehensive Cancer Center







## Enjoy Your Life with a Healthy Heart

Each year more than 750,000 Americans die from cardiovascular disease and stroke, while millions more will be impacted by the loss of a friend or family member through this terrible condition. Cardiovascular disease is an epidemic, and KPC Health is dedicated to doing its part in providing exceptional cardiac and stroke care that gets our patients out of the hospital and back to living life in great health.

Stroke and heart disease are serious conditions, and it is important to understand what they are and how to combat them. A stroke occurs when the brain is denied oxygen because of blood clots or when blood vessels in the brain burst. Heart disease may cause an irregular heartbeat, chest pain, shortness of breath, lightheadedness, dizziness, or fainting and can be caused by a variety of different conditions including hardening of the arteries, high blood pressure, or even a heart attack. Your heart is the center of your overall health and heart disease can have serious consequences on your quality of life when left untreated.

There are some risk factors that can't be controlled. Your genetics, age, and even your ethnicity can impact the likelihood of having a stroke. Those factors can be aggravated from high blood pressure, high cholesterol, heart disease, diabetes, and obesity. However, there are measures you can take to reduce risk by as much as 80%, namely avoiding smoking and drinking too much alcohol, eating a balanced diet, and exercising regularly.

Heart disease can cause a number of serious complications including heart failure, heart attack, aneurysm, peripheral artery disease, and even sudden cardiac arrest. Like the dangers of stroke, there are heart defects that are not preventable, but some lifestyle choices can have an enormous impact on your heart health. Reducing and managing stress, maintaining a healthy weight, controlling medical conditions including high blood pressure, high cholesterol and diabetes, and seeking expert medical guidance can be the key to preventing and treating heart disease.

In the event of a stroke, recognizing and responding to the symptoms is critical to a patient's survival. The American Heart Association recommends the F.A.S.T. approach to stroke response. F.A.S.T. stands for **F**ace drooping, **A**rm Weakness, **S**peech difficulties, and **T**ime to call for help. Recognizing symptoms and acting **F.A.S.T.** can save a life and limit disabilities.

Effectively recognizing and treating a stroke or heart attack can have a drastic impact on the recovery process after the incident. Primary or Comprehensive Stroke Center designated facilities have diagnostic services, designated stroke beds, and an acute stroke team. These resources, combined with the ability to provide specific medication intravenously including Thrombolytic therapy, can significantly increase chances of recovery and are critical to the process. A Primary or Comprehensive Stroke Center designated facility holds a higher standard of care for stroke patients in a community.

Earning a Primary or Comprehensive stroke center certification is a rigorous process certified by the Joint Commission and the American Heart Association. A Primary or Comprehensive Stroke Center designation is designed for hospitals providing critical elements to achieve long-term success in improv-



ing outcomes. The additional training and resources associated with a Primary or Comprehensive Stroke Center designation is a sign that a facility is effectively managed to address the special concerns and medical needs of stroke patients.

If you or someone you know is having a stroke or suffering from a heart attack it is vital to seek treatment at a stroke center. A Primary stroke center like the ones at KPC Health means that a hospital is ready 24 hours a day, seven days a week to deliver advanced stroke care including an accessible neurologist.

KPC Health is dedicated to providing quality heart and stroke care services through our integrated health system of hospitals throughout Southern California, with four facilities located in Orange County, California. Many of our hospitals are STEMI receiving centers, with highly-trained staff and specialized equipment to treat patients in need of cardiac care. STEMI centers perform a variety of heart procedures every year and provide important information to advance the study of heart disease.

In addition, a STEMI center delivers a standardized approach to treating STEMI patients according to American Heart Association guidelines including Emergency Department protocols for triage, diagnosis, initial treatment, and facilitation of immediate STEMI patient transfer to a PCI-capable receiving center. Two of our four Orange County hospitals, Orange County Global Medical Center and Anaheim Global Medical Center are STEMI-Receiving centers with cardiac catheterization laboratories where patients receive expert care from some of the region's top medical professionals. Our medical staff completes procedures including coronary intervention, pacemaker insertion, carotid angiographies, and stent placement among others.

At KPC Health our team consists of innovative leaders dedicated to providing comprehensive care to our stroke patient population. That includes educating the public, patients, and their families on how to treat a recovery from a stroke.

In order to fight the cardiovascular epidemic, an integrated approach to health care is required, which includes a broad base of specialty care services and resources available to our patients, from healthy living and wellness programs to emergency medical service and recuperative care. KPC Health has put into place a system of hospitals ready to get people back to what they want most - to enjoying life in great health with their friends and family.

KPC Health is in the process of expanding its high-quality care beyond its seven hospitals. KPC Health has newly acquired thirteen hospitals located around the United States and will shortly integrate them. This means each of these hospitals will have access to the collective knowledge, and resources from the entire organization. Our new KPC facilities here in California, as well as in Kansas, Utah, Mississippi, Arizona, Louisiana, and Texas will share the commitment to providing expert care to our patients and their families.

KPC Health is in the process of expanding its high-quality care beyond its seven hospitals. KPC Health has newly acquired thirteen hospitals located around the United States and will shortly integrate them. This means each of these hospitals will have access to the collective knowledge, and resources from the entire organization. Our new KPC facilities here in California, as well as in Kansas, Utah, Mississippi, Arizona, Louisiana, and Texas will share the commitment to providing expert care to our patients and their families.

For more information visit [www.kpchealth.com](http://www.kpchealth.com).



# ENJOY YOUR LIFE WITH A **HEALTHY** HEART

## **Cardiac STEMI-Receiving Center**

Anaheim Global Medical Center  
Orange County Global Medical Center

## **Primary Stroke Center**

Anaheim Global Medical Center  
Chapman Global Medical Center  
South Coast Global Medical Center

## **Comprehensive Stroke Center**

Orange County Global Medical Center

## Enjoy Life in Great **Health**



**kpc**  
HEALTH  
GLOBAL MEDICAL CENTERS

**KPCHealth.com • 1301 N Tustin Ave., Santa Ana, CA 92705**



## 6 Ways to Promote Mental Health in Your Workplace

May is National Mental Health Awareness Month. That means it's an ideal time to think about how you can create awareness of mental health issues in your workplace and design topics to help your employees.

Fully 90 percent of people have dealt with mental health challenges themselves or been affected by issues that loved ones were facing. Yet only 25 percent of employees can point to positive change regarding mental health initiatives in the workplace. Take a look at steps you can take to promote mental health awareness in your own organization.

### Provide Training and Information

Teaching your employees about the symptoms of common mental health issues such as depression and anxiety can help them put a name on feelings they might have otherwise been unable to express. Use employee newsletters to convey information, and provide links to resources for help. Training for managers can also be key, helping them to treat each employee uniquely and appropriately, providing support during tougher times and promoting the mental well-being of your entire workforce.

### Take a Hard Look at Your Organization's Culture

It doesn't help much to provide information about mental health if your company's culture tacitly promotes depression and anxiety. Make sure you're dealing with any harassment or discrimination issues that could be stressing your employees. Creating opportunities for a healthy work-life balance and allowing your employees to enjoy a sense of control over their own work and environment can support better mental health across your entire workplace.

### Rework Your Organization's Mental Health Policies

If you've never had overt policies about mental health, now is a good time to develop them. Help employees understand how they should respond when they recognize signs of mental illness or distress in themselves or their co-workers, and give permission to ask for help. Develop policies surrounding how to adapt work life to accommodate mental health issues and how to support others. Having an attorney and a mental health professional review your policies is a smart idea.

### Watch for Burnout

When employees start to demonstrate negative well-being at work, it often takes the form of burnout. Burnt-out employees show signs of stress, ill physical health, and alienation from their co-workers and from the company. Taking surveys can help you assess whether employees are engaged or not. Seek to support

employees who start to become less than enthusiastic on the job.

### Provide Opportunities for Safe, Confidential Conversations

When employees can talk to one another knowing that their conversation will be kept confidential, it serves as a safety valve. Employees who have the opportunity to talk to colleagues at work about the issues they're dealing with demonstrate increased engagement and decreased stress. Try establishing training sessions to help employees learn how to be mental health allies and to establish an accepting and caring atmosphere in your workplace.

### Provide HR Support

An accepting attitude regarding mental health should pervade your entire workplace, but the HR office is key to creating the positivity you want. When your HR department has a list of mental health resources available to employees, including crisis information hotline numbers and specific contact information about mental health providers that are in your health insurance network, you send a message to your employees that you truly care.

At Marquee Staffing, we sponsor the Orange County National Human Resources Association's efforts to help companies provide mental health awareness programs. Talk to us about how we can help you reach your own HR goals for your organization.

### Claudia Perez, Sr. Vice President of Operations

As the Sr. Vice President of Operations, Claudia oversees day-to-day strategic operations, including spearheading marketing projects, employee training and development programs for Marquee Staffing's contingent workforce. With her strong background in business development, she continuously strives to build lasting partnerships with clients and candidates. As a result, her team focuses on quality, customer service, compliance and strategic placements.



# DON'T SETTLE FOR AVERAGE.

## RAISE THE BAR!

**Marquee is anything but typical – and so are the results we deliver.**

Marquee is your specialized, local recruiting expert, connecting you with Southern California's finest talent. Let us help you:

- Staff more intelligently – instead of reacting
- Hire the best people – not just the best resumes
- Overcome any business challenge – without any red tape

**Want results that go way beyond "typical"?**

**Raise your expectations. Let Marquee work wonders for your business.**

**Contingent • Contract-to-Hire • Direct • On-Site**



[www.marqueestaffing.com](http://www.marqueestaffing.com)





## Better for your employees. Better for your business.

Choosing a health plan for your company isn't easy. With Kaiser Permanente, you'll get the support you need to effectively manage the short- and long-term health care costs of your business. Together, we'll find ways to help keep your employees and company healthy. Learn more at [kp.org/choosebetter](https://kp.org/choosebetter).

Choose Better. Choose Kaiser Permanente.





**American  
Heart  
Association®**

## For Nearly 100 years, the American Heart Association/American Stroke Association has been Fighting Heart Disease and Stroke, Striving to Save and Improve Lives

*By Danielle Sapia-Fragalla, Executive Director American Heart Association Orange County*

The six cardiologists who founded the American Heart Association (AHA) in 1924 would be amazed.

From humble beginnings, the AHA has grown into the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke. A shared focus on cardiovascular health unites our volunteers and supporters. And, thanks to the extraordinary contributions of time and talent of our Orange County Board of Directors — as well as our volunteers and donors — the American Heart Association in Orange County is blazing new paths to better health and longer life.

Our on-going commitment to change, is fundamental to our forward path and foundational to everything we do from raising funds that power our mission, to engaging our community, healthcare system and government. This last year, thanks to their leadership, the Association experienced tremendous growth and success toward funds raised for our year-around health initiatives.



**Danielle Sapia-Fragalla**

The American Heart Association issued new **blood pressure** guidelines that redefined high blood pressure as 130/80 versus the previous 140/90. Nearly 950,000 more U.S. stroke survivors were diagnosed with the disease. According to new research, we could now reduce deaths among stroke survivors by nearly one-third.

In collaboration with Visit Anaheim, the American Heart Association Orange County Division, worked to equip Anaheim Union District High Schools with American Heart Association **CPR in Schools Training Kits** along with training provided by AHA to teach life-saving tactics to their students.

Last year, we were the first to debut **Hands-Only CPR Kiosks** in the Western United States. Thanks to generous grants from the Argyros Family Foundation, McCarthy Building Companies Inc., the Anthem Blue Cross Foundation and the CareMore Foundation, not just one, but three Hands-Only CPR Kiosks are now located at John Wayne Airport. Our kiosks are among the top performing kiosks in the country since their installation.

The **Orange County Go Red for Women** movement advocates for more research and swifter action for women's heart health. We encourage women and their families to take action and live a healthier life. At this year's luncheon more than 400 corporate women, and men, attended and became advocates for women's heart health. And, on National Wear Red Day, we turned Orange County *red*.

Thanks to all our walkers, donors and volunteers who accepted the challenge to help fight heart disease and stroke; the Annual **Orange County Heart and Stroke Walk** was held at Angel Stadium of Anaheim.

Our upcoming **2019 Heart and Stroke Ball**, scheduled for October 19, 2019, at Pasea Hotel and Spa, will help us to connect, innovate, influence and invest in advancing our efforts to change health outcomes as they relate to heart disease and stroke. The Heart and Stroke Ball celebrates these efforts to build a foundation of health in our community and ensure everyone lives a longer healthier life. This year's theme is Viva La Vida - Long Live Life!

Today, about one in three American kids and teens is overweight or obese. The prevalence of obesity in children more than tripled from 1971 to 2011. With good reason, childhood obesity is now the No. 1 health concern among parents in the United States, topping drug abuse and smoking.

Childhood obesity is causing a broad range of health problems that previously weren't seen until adulthood. Because of the increasing rates of obesity, unhealthy eating habits and physical inactivity, we may see the first generation

that will be less healthy and have a shorter life expectancy than their parents.

So, we are helping to educate kids, reduce screen time (from smart phones and computers) and get them moving with efforts in our community such as our **Kids Heart Challenge**. Kids learn heart-healthy skills, have fun jumping rope or shooting hoops, and raise money to help kids with special hearts.

It is because of these successes that we are now in the position to look at what we do and figure out organizationally how it can be leveraged for even greater success for the future. To do that, the AHA's Social Determinacies Board looked at the Community Indicators report created by St. Joseph Health, which highlights many areas where Orange County excels, as well as areas of need.

After a great deal of review, the board determined three priority areas where the Association's impact would make most sense. The areas of focus will allow the Association to create an "end to end strategy" that will enhance our existing work while addressing the identified gaps needed in our community. The three areas of focus are:

- ▶ Obesity
- ▶ Access to Healthcare
- ▶ Mental Health

The Board's new challenge will help us seek out new and innovative opportunities to ensure we are best positioning and deploying our organizational resources, competencies and staff/ volunteer capacity to achieve maximum impact. This maximum impact on equitable health and wellbeing for all will be achieved through a more integrated and defined focus, visioning our work more holistically and applying our resources to assure we are best positioned for future success.

As an example, we have great depth in these priority areas, yet in many cases, don't have an umbrella strategy that links our programs and offerings together in the way people expect. We also will use this opportunity to identify gaps in our strategies when we look across certain areas (i.e., healthcare, data, etc.) so we can be sure to make the fullest impact possible.

We are in the enviable position to take the great things we've done and make them even stronger for the future. Our ability to maintain our solid positioning will also require the core AHA business areas, and our revenue generating activities, to achieve even more growth and success in the future.

In the area of Obesity, we (AHA) partnered with the cities of La Habra, Buena Park, Fullerton, Placentia and Anaheim to implement the "Soda Free Summer" educational campaign to engage families in the community to "Re-think their drink" and choose water instead of sugar-sweetened beverages.

For Access to Healthcare, we are working with community clinics to provide training and resources to better support their patient's health.

We are co-leading the county's Social Determinants of Health workgroup (Orange County Healthier Together, OCDE Orange County Department of Health and Mission Hospital) to collaborate in a collective impact manner with organizations focusing on mental health to support county-wide efforts to identify and address the needs of this community.

In tracking progress toward our 2020 Strategic Impact Goals, recent estimates indicate that we have achieved 3.95 percent improvement in cardiovascular health and a 15.0 percent reduction in deaths from cardiovascular diseases. In addition, we have contributed to a 14.3 percent reduction in stroke-related deaths.

We find ourselves at a truly unique moment in the American Heart Association's 95-year history. Armed with a new mission statement and a sharpened business focus, ours is an organization that is truly poised **to be a relentless force for a world of longer, healthier lives.**

*We hope you'll join us for the journey. To get involved, contact Danielle at [danielle.sapia@heart.org](mailto:danielle.sapia@heart.org)*



# MOVING IN ON CANCER

**SPEEDING RESEARCH  
AND DISCOVERIES  
STRAIGHT TO  
ORANGE COUNTY**

City of Hope has made astonishing strides toward eradicating cancer. But our latest breakthrough is yet to come: a home in Orange County. We're bringing compassionate care — backed by some of the world's most innovative discoveries and most effective cancer therapies — **closer to home.**

Tanya Siddiqi, MD  
Hematology / HCT



City of Hope

**Tanya Siddiqi, M.D.**  
Associate Professor  
Department of Hematology and  
Hematopoietic Cell Transplantation



City of  
Hope®

ORANGE  
COUNTY

**ARRIVING LATE 2019**

[CityofHope.org/oc](http://CityofHope.org/oc)