



HEALTHCARE

Hoag Reimagines Health and Wellness in Foothill Ranch

Hoag is now offering health and wellness services to the Foothill Ranch community with the opening of Hoag Health Center Foothill Ranch – a forward-thinking concept reimagining the way community health care is designed and delivered.

The 45,000 square-foot facility clinically integrates health and wellness, merging the traditional – primary care, urgent care, specialty services, pediatrics, women's health, sports medicine, physical therapy, orthopedics, imaging and lab – with prescribed personalized wellness plans for overall health including sleep, stress, nutrition and exercise.

"Our vision for Hoag Health Center Foothill Ranch was to establish a wellness hub helping the community attain, maintain and celebrate good health," said Robert T. Braithwaite, president and CEO of Hoag. "From dedicated, renowned physicians to state-of-the-art technology, we've created a space for our community to optimize their well-being beyond the traditional doctor's visit."

With a focus on empowering patients, Hoag Health Center Foothill Ranch – centrally located in the community at Foothill Ranch Towne Centre – features a certified health coach who works alongside onsite physicians to personalize a plan that helps patients achieve their health and wellness goals.

Lori Mueller is the lead health coach and program manager of the Hoag Lifestyle Program at Hoag Health Center Foothill Ranch.

"To be the first to launch a program that is so unique, speaks volumes about Hoag's dedication to the community's longevity, happiness and overall wellness," said Mueller. "The fact that there is a team-based approach that includes a physician, health coach, trainer and dietitian reinforces the commitment to good health and ensures accountability on the part of the patient."

Hoag Health Center Foothill Ranch also puts an emphasis on tech driven health. As smartwatches, phones and fitness trackers become "smarter," physicians and patients will be able to leverage more data than ever to help make informed decisions about diagnoses and wellness plans. The Hoag Tech Bar at the center will help patients select devices and install apps, curated by Hoag physicians, to help them achieve their lifestyle goals.

Inside the health center, patients will have access to the first BIOCIRCUIT™ Studio on the West Coast. The studio's high-tech fitness machines adjust to the patients customized workout program, remember previous workouts and make recommendations and adjustments according to a wide array of biometric readings, which will be monitored in collaboration with the health coach.



Ongoing community classes at Hoag Health Center Foothill Ranch will include group exercise opportunities and nutrition education, as well as physician-led presentations exploring trending health care topics on maternity, cancer, diabetes, heart, orthopedics, neurosciences, wellness, parenting, active aging, women's health and more.

Hoag Health Center Foothill Ranch is located at 26672 Portola Parkway, Foothill Ranch, CA 92610. The onsite Hoag Urgent Care is open 7 days a week – Monday through Friday 8 a.m. to 8 p.m. and Saturday & Sunday 8 a.m. to 5 p.m.

To learn more about Hoag Health Center Foothill Ranch, visit hoag.org/foothill-ranch.

Meet Our Physicians



Gabriel Carpio-Bracho, MD
Family Medicine & Sports
Medicine
HOAG MEDICAL GROUP



Lauren Sweetser, MD
Internal Medicine
HOAG MEDICAL GROUP



Jacqueline Leon, MD, MPH
Pediatrics
HOAG MEDICAL GROUP



Mary Anne Galang-Lomboy, MD
Pediatrics
HOAG MEDICAL GROUP



Elaine Gan-Yong, MD
Pediatrics
HOAG MEDICAL GROUP



Peggy Tse, MD
Pediatrics
HOAG MEDICAL GROUP



Kerry Price, MD
OB-GYN
ORANGE COAST WOMEN'S
MEDICAL GROUP



Sheila Dejbakhsh, MD
OB-GYN
ORANGE COAST WOMEN'S
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Brian Koperek, MD
OB-GYN
ORANGE COAST WOMEN'S
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Amy Peters, DO
OB-GYN
ORANGE COAST WOMEN'S
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Beverly Naglestad, MN, ANP
OB-GYN Nurse Practitioner
ORANGE COAST WOMEN'S
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OB deliveries coming to Hoag in early 2021

HEALTH AND WELLNESS REIMAGINED



HOAG HEALTH CENTER FOOTHILL RANCH

NOW OPEN

Hoag Health Center Foothill Ranch reimagines the way health and wellness is designed and delivered to the community. The facility features:

- The Hoag Lifestyle Program, a first-of-its-kind, highly personalized wellness program prescribed by physicians
- The first, state-of-the-art BIOCIRCUIT™ on the West Coast
- A light, bright, and spacious layout integrating traditional health care with wellness services

Services Offered at the Facility Include:

- Imaging
- Lab
- Pediatric Care
- Physical Therapy
- Primary Care
- Specialty Care
- Sports Medicine
- Urgent Care
- Women's Health

Miracles^{FOR}KIDS



Please Join Miracles for Kids in 2020 as We Fight to Create Stability for Families with Critically-ill Children

For the last 15 years, Miracles for Kids has served over 1,500 families with children battling over 130 life-threatening illnesses and conditions throughout Southern California.

Families who once were stable are today struggling to make ends meet and care for their sick child. Over time they lose their jobs, possessions, and savings - and with all resources gone, have nowhere else to turn.

Miracles for Kids families live 20% below the poverty line. They simply cannot work and be there for their child at the same time. It is devastating, and as the high cost of living continues to rise, they simply cannot keep up.

That's where Miracles for Kids comes in - each month, we pay for their medical bills, prescription co-pays, rent and utilities. We assist with medical support equipment, put food on the table, and gas in the car. We offer housing, counseling, clothing, cleaning supplies, and much more.

At Miracles for Kids, our mission is to ensure every family has the basic necessities they need to keep their families stable so they can continue fighting for their child's life.

Join us in 2020 as we fight to create stability for families in desperate need. Whether you can give a dollar, or an hour, YOU can be their miracle.

Please give at www.miraclesforkids.org/donate.



Autumn R. Strier, MPA

Co-Founder & CEO, Miracles for Kids

www.MiraclesForKids.org | #MiraclesForKids | @MiraclesForKids

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MemorialCare Looks to Future with Health Plan Partnerships, Expanded Network



Barry S. Arbuckle, Ph.D., is President and CEO of MemorialCare, a leading Southern California nonprofit integrated health care delivery system

As a business leader, one of your top priorities is making sure that your employees have access to high-quality healthcare. At the same time, you need to keep your company's healthcare costs under control.

It's a difficult balancing act.

MemorialCare faced the same challenges. Like any business, we needed to be mindful of cost without minimizing the benefits offered to our employees. With a vision toward continuing to provide exceptional healthcare to our workforce, we have pursued a number of strategies:

Creation of a wellness initiative

Ten years ago, MemorialCare founded The Good Life. Over time, this company-wide initiative, coupled with the way MemorialCare designed its health benefits, has helped improved the health of our employees and reduced healthcare costs for MemorialCare by 6%. At the same time, employee out-of-pocket costs were reduced.

Innovative Value-Based Products

We partnered with Anthem and seven other top hospital systems to create Vivity, an exclusive network HMO. We offered Vivity alongside full-network offerings and made it attractive, through plan design, for employees to choose the lower cost option. Today, 56% of MemorialCare employees and their dependents are enrolled in Vivity and employee satisfaction is exceptional.

Directing Patients to the Right Setting

Not every medical situation requires the services of a hospital. We direct our employees to the medical setting that is most appropriate for their needs. For example, for patients who do not need to be in a hospital for clinical reasons, we may send them to one of our high-quality, conveniently located imaging or surgery centers, where the equipment and clinical quality is the same, but the costs are substantially lower.

Focus on Pharmacy

We're educating employees about their pharmaceutical options, such as lower cost generics that work in the same or similar way as a more expensive version.

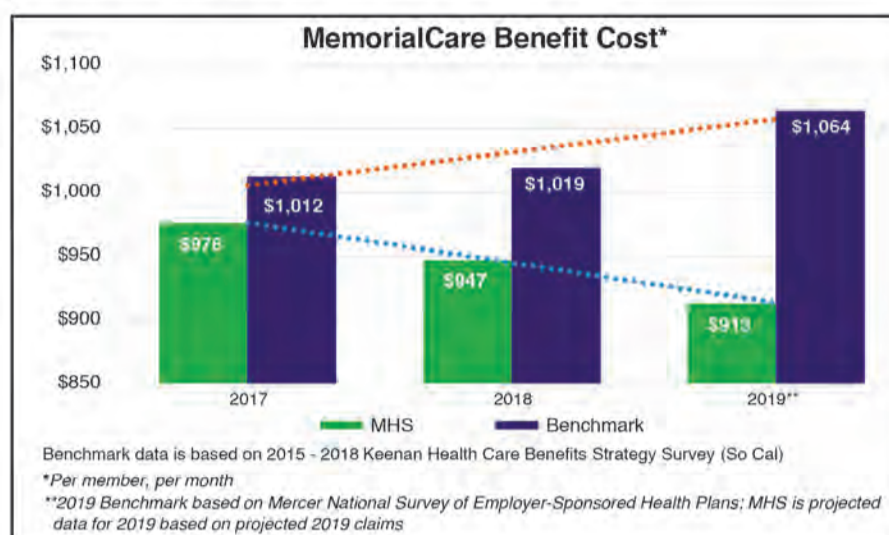
We've also implemented targeted drug programs that reduce costs through prescription assistance programs.

Customized Arrangements

We firmly believe that value-based healthcare models are a sustainable solution for healthcare improvement and cost reduction. Value-based care is simply the idea of changing the way providers are paid, from a reimbursement model that rewards procedures to one that rewards quality and outcomes.

We work closely with our employer partners to support their specific cost and quality goals through customized arrangements, such as the one we developed with one of our newest clients. We created a custom arrangement for their employees to use our Rancho Santa Margarita Health Center, a few blocks from their office, while their on-site clinic is under construction.

MemorialCare was able to reduce our healthcare spend while continuing to provide



MemorialCare's Vivity HMO has improved employee health, as well as reduced healthcare costs for MemorialCare.

the highest level of care—and we can help companies like yours do the same.

Innovative Value-Based Products

As part of our commitment to bringing wellness to your companies and employees through value-based care, we are augmenting our current product line with new, innovative offerings, each designed to provide exceptional care in the most cost-effective manner:

- Aetna Whole Health HMO and PPO
- Blue Shield Trio HMO (MemorialCare Long Beach Network Only)
- United Healthcare Alliance HMO
- MemorialCare Direct Health Plan

MemorialCare participates in more value-based products than any other health system in Southern California. We're proud to provide a range of options that reduce your healthcare costs while improving quality and the employee experience.

Direct-To-Employer Options

For self-insured employers who are looking to bypass the conventional insurance model and work directly with a health system, we've created Direct-to-Employer options. Among these is the MemorialCare Health Alliance, a customized, direct contract between MemorialCare and Boeing. This is the first Direct-to-Employer plan of its kind in California.

Since it was implemented three years ago, this innovative partnership has reduced total cost-of-care, reduced utilization of costly hospital services and we've decreased pharmacy spend by 22%.

Our success with the Boeing arrangement has led other companies to approach us and ask how we can apply a similar model to their organizations. In response, we developed the MemorialCare Direct Health Plan. It's a PPO model for self-insured companies with as few as 100 employees, and for those that want a more direct relationship with the health providers that take care of their employees.

Ease and Access to Care

When your company chooses one of our high value products, your employees have access to our extensive outpatient network. In addition to our four award-winning hospitals, our network consists of more than 200 sites of care, offering primary care, imaging, breast care, surgery, urgent care and dialysis.

We've launched online scheduling that makes setting up appointments with primary care physicians, some specialists and urgent care easier and more accessible than ever. We're also expanding our virtual care network, enabling patients to access video and audio connectivity that allows "virtual" meetings to occur in real time, from nearly any location.

Thriving Employees Make a Thriving Company

There is growing evidence that employees tend to be healthier, more productive and happier when their employer is committed to creating an environment that focuses on health and wellness.

At MemorialCare, we're committed to helping you do just that. Contact Cathy Capaldi, Senior Vice President, Business Development at ccapaldi@memorialcare.org or 714-377-2960 to learn more about convenient, accessible, value-based health care.





Take care of your people and your bottom line.

What if you could meet budget without compromising value for your employees? We define value as having access to 200+ community locations, hundreds of award-winning primary care physicians and thousands of specialists, all within the same health system. **We're here to keep your business happy and healthy.**

Find the right health plan for your business.
For inquiries call 714-377-2960 | [memorialcare.org/employers](https://www.memorialcare.org/employers)


MemorialCare™

Alzheimer's

ORANGE COUNTY

The Impact of Alzheimer's Disease on Orange County

By Jim McAleer, MPA, President/CEO Alzheimer's Orange County

According to the National Institute of Health, more than 5.5 million Americans, mostly over 65, have dementia caused by Alzheimer's disease. In Orange County, over 84,000 people are impacted by Alzheimer's disease. Alzheimer's is the sixth leading cause of death nationally. The age of our population coupled with higher concentrations of multi-cultural populations that are at greater risk make Alzheimer's disease the third leading cause of death in Orange County.

Dementia is the overarching term used to describe a neurologically impairing condition that impacts a person's daily life. Alzheimer's disease is the most common form of dementia, followed by vascular dementia)



While the cause of the disease remains a mystery, science has uncovered some of the key physiological factors that exist. A protein chain called Amyloid Beta breaks off at the wrong spot, causing it to adhere to the brain and cause damage. Also, tangled bundles of fibers, or tau tangles are present. Inflammation may also have a great impact. Even though we know these things exist, science has yet to prove if one or more of them causes the disease or if the cause lies elsewhere.

Memory loss is not a natural part of aging. We lose a certain amount of plasticity as we age, but major changes in memory can be a sign of something that needs attention. Since up to 15% of memory impairments can be treated, made better or even cured (medication conflicts, depression, etc.), it is important to seek a competent clinician with experience in memory loss if you notice changes in your memory.

The medications often prescribe in Alzheimer's disease seem to work best when given earlier in the disease process, so early diagnosis is helpful. They are believed to have some impact on symptoms, but do not change the pathology of the disease. Another related condition, Mild Cognitive Impairment (MCI) is also frequently seen in older populations. While it may or may not lead to Alzheimer's or another dementia, it is important to know your status so you can take proactive steps to maintain your brain health.

There are more white papers released on research into dementia than any other disease condition. Despite hundreds of clinical trials, many with sites in Orange County, we do not have a cure. We do know that diet – in particular a Mediterranean diet, exercise and social stimulation are the best actions to take to both prevent the disease or to slow its progression. We have world class research sites such as UCI MIND (www.mind.uci.edu) in Orange County, with dozens of clinical trials coordinated by experts in the field for anyone interested in moving the science forward.

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Transforming the Health Care Experience in Orange County

For more than 40 years, Kaiser Permanente Orange County has been committed to helping shape the future of health care in our communities, taking a non-traditional approach to health care with continuous innovation in providing high-quality, affordable health care services.

At the core is Kaiser Permanente's pioneering fully integrated care model and physician-led care teams, working together to keep members healthy by delivering high-quality, personalized care. Kaiser Permanente doctors, nurses, and other specialists are empowered and supported by industry-leading advanced technology and tools for health promotion, disease prevention, state-of-the-art care delivery and world-class chronic disease management, all working together, connected to each other and to each member.

In Orange County, Kaiser Permanente serves nearly 600,000 members at more than 25 medical offices and at their medical centers in Anaheim and Irvine, both honored with Magnet® designation, the gold standard for nursing excellence for elite select health care organizations. With multiple locations to choose from, Kaiser Permanente members can get care where, when and how they want it, near home or work including same-day, next-day, urgent care, and emergency care. Whether in person, visiting their doctor for routine care or preventive services or via phone that doesn't require an in-person exam, saving a trip to the office by scheduling a call with a Kaiser Permanente doctor. Members can also leverage video visits (if available), a convenient, secure way to see a doctor, face-to-face online. At most of Kaiser Permanente facilities, members visit their doctor, get a lab test, and pick up prescriptions — all in a single trip. With many services under one roof, members can do more in less time.

Continuing Kaiser Permanente's legacy of innovation by transforming the care experience, in 2017, Kaiser Permanente introduced an agile and flexible environment at their La Habra medical office. Harnessing design, technology and workflow to create an intuitive and convenient experience for members and care teams, Kaiser Permanente developed a modern and open design interior focusing on the human experience for members, with views of nature and daylight throughout the building. From pre-arrival to the check-in process (via online, self-service kiosks, or with a service representative) to the engagement of the waiting area that educate, entertain and reinforce Kaiser Permanente's Thrive brand and include telehealth capabilities, members experience health care that looks and feels completely different from what they've experienced in the past. The idea of being pervasive, having multiple ways to interact, Kaiser Permanente believes,

impacts people's lives in a much more meaningful way. Additionally, 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.

Innovation in choice and convenience extends to Kaiser Permanente's partnership with Target. *Target Clinic, Care Provided by Kaiser Permanente* is a collaboration to expand existing efforts to bring high-quality, affordable, patient-centered health care in convenient, trusted and familiar settings. In Fullerton and Irvine, Kaiser Permanente-staffed retail clinics inside 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 for 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.

Recognized as one of America's leading health care providers and not-for-profit health plans, Kaiser Permanente has grown to become one of the largest health plans in Orange County. As a fully integrated health care system that includes a health plan, hospitals, pharmacy, and nationally recognized medical group of primary and specialty physicians — all connected by a shared electronic health record, Kaiser Permanente is committed to innovation and leading the future of health care by prioritizing a member-centric approach. Members can access care anytime, anywhere and select their personal doctor who coordinates their care journey, and works closely together to make decisions about each member's health.

Kaiser Permanente represents the past, present and future of health care. From Kaiser Permanente's start in Orange County in 1979, to providing transformative models including innovative medical facilities, retail clinics at Target, or self-directed care, Kaiser Permanente continues to provide innovative ways for members to access care and interact.

For more information, visit kp.org/orangecounty.





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Choose Better. Choose Kaiser Permanente.

ALZHEIMER'S ORANGE COUNTY

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The first step for someone worried about their memory can be a memory screen, conducted by many organization including Alzheimer's OC (www.alzoc.org), the Hoag Center for vital aging, and many clinical trial providers. The next step, if warranted, is a full diagnosis. The UCI MIND clinic, the UCI HAPS clinic, neuropsychologists and many neurologists can provide diagnostic support.

For someone diagnosed with dementia of any type, accessing supportive services early can be a great help as things progress. Local senior centers, Alzheimer's OC and some banks provide classes on planning for your financial future in the event of a long term illness. Considering early on in the process how you would like things to be handled later in the process can give families comfort that your wishes are honored.

Alzheimer's OC, the Alzheimer's Association (www.alz.org) and individual counselors offer support groups, as well as educational programs, recreational programs and social programs for people experiencing dementia and their caregivers.

Later in the dementia process, an adult day health care program, where physical and occupational therapies are offered may be considered. Residential programs exist throughout the county, as well as hospice and end of life planning.

Planning early can save a great deal of heartache later on.

The business community is also impacted by Alzheimer's disease and other dementias. The population of people over 65 is the only growing demographic in Orange County. 1 in 6 at age 65 is expected to get Alzheimer's disease and 1 in 3 at age 85. Our health care system is unprepared for the massive influx of people experiencing this debilitating illness. Facilities are already experiencing a shortage in qualified caregivers and the cost of care is often out of the patients reach.

Thousands of seniors experiencing dementia live alone in Orange County. Companies are impacted when adult children, spouses or other caregivers



need time to support their loved ones, and to deal with the stresses of caregiving. Alzheimer's Orange County offers to programs to support businesses as they seek to support their employees. The dementia friends program is a quick training on how to be more dementia friendly to the public, customers, and even internal audiences. It is offered at your site and is free of charge. You may also choose to host a Brown Bag lunch for employees wanting to learn more about Alzheimer's and the supports available. Our senior trainers can offer information and referral, helping working caregivers keep their focus.

Orange County will see the numbers of people experiencing dementia rise – and rise quickly. If you or someone you know finds themselves impacted by dementia, the most important step you can take is to reach out for assistance. Call 1-844-HELPALZ or visit www.alzoc.org

More information is available at 1-844-HELPALZ or at www.alzoc.org.





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