Using the data from the completed online Health Risk Appraisal, physical examination, laboratory results and remaining portions of the exam, the program evaluates your current health and:

1. Evaluates your overall wellness in eight key areas
2. Estimates your risk of developing heart disease and stroke
3. Reviews your status on known risk factors for cancer; and
4. Assesses your overall fitness, nutrition, safety and stress resilience

You can then prioritize areas of opportunity to improve your health and work with the Executive Health team to develop specific steps you can take to achieve your health goals.

In addition to its immediate value, this information can serve as a benchmark – one that you can refer to in future years for comparison.

Make an Appointment
949.824.6033
UC Irvine Health/Executive Health Program
1202 Bristol Street, Suite 200, Costa Mesa, CA 92626
ucirvinehealth.com/executivehealth

UC Irvine Health considers everyone to be the CEO of their health. To support this vision, UCI offers one of the most comprehensive executive health programs available in Southern California through a team of leading physicians and health care providers.

The program emphasizes identifying your health-related risk factors and helping you understand how those risk factors impact your health – both now and in the future. An action plan is then developed focused on reducing known risks and maximizing your chances of protecting your most valuable asset: your health.

This comprehensive and convenient program is designed especially for busy people who want to maximize both the value of their time and the impact on their health.

Tailored specifically to each participant’s age, sex and lifestyle, these thorough examinations are especially valuable in uncovering medical problems that may otherwise have gone undetected. The Executive Health Program offers one-on-one attention, plenty of time for questions and discussion, personal follow-up and top-flight testing – all conducted at a nationally recognized medical center equipped with the latest technology and a highly trained staff.
The demands of the nation’s rapidly changing health care landscape are challenging health care providers to become more integrated, improve clinical quality and patient experience, and contain costs. MemorialCare Health System, a leading fully integrated health system in Orange and Los Angeles counties, has already spearheaded the transformation needed to excel and to meet the changing needs for care.

Innovative Programs in Employee Health and Wellness

One of the most important transformations needed in health care today is the move towards prevention and wellness. MemorialCare promotes employee wellness to help reduce the skyrocketing incidence of lifestyle-related chronic conditions. Five years ago, the health system implemented an innovative program, The Good Life, which focuses on helping individuals go well beyond illness. The Good Life supports people in transforming three elements of lifestyle that can help prevent type 2 diabetes, cancer, and heart disease and stroke. Those critical factors are eating well, getting in shape and quitting smoking – or never starting smoking in the first place.

With fitness challenges, on-site gyms and walking trails, nutritious cafeteria offerings, weight loss reduction programs and more, over 77 percent of MemorialCare’s employees report that their organization makes an effort to help them improve their health. Knowledge is power, so the health system also offers employees annual opportunities to learn important biometric numbers like blood pressure, blood glucose and cholesterol, as well as confidential health risk assessments.

Chronic diseases like hypertension, diabetes, asthma and depression are responsible for two-thirds of the total increase in health care spending, so reducing these conditions can help lower health care expenses. MemorialCare partners with employees with chronic conditions to make long-lasting lifestyle changes, lessen complications, improve outcomes and lower medical and pharmaceutical costs through an innovative program, The Good Life – In Balance. The In Balance program has led to significant improvements in participants’ blood glucose and blood pressure.

Drawing on its proven experience implementing successful prevention and wellness programs with its employee population of more than 11,000, MemorialCare is sharing the best practices they’ve garnered with other employers in the Southland. To learn how MemorialCare’s experience in employee wellness can work for you, call 714.377.2960.

Pioneering Physicians Lead Evidence-Based Practice

MemorialCare began building the framework for its integrated approach to health care two decades ago. In 1996, a group of affiliated physicians set up the framework for a unique, physician-led organization dedicated to drawing on the very latest research to ensure superior outcomes. As a result, a leading physician organization, the MemorialCare Physician Society was launched. Today, the 1,800-member-strong society drives the performance and clinical outcomes for the health system which serves more than one million patients each year. The society includes 13 interdisciplinary best practice teams, where physicians develop guidelines, order sets and standards of practice utilizing the very latest evidence-based medicine. These Best Practice Teams support the accomplishments of MemorialCare’s bold goals, continually raising the bar for clinical quality and patient outcomes.

Leading Digital Tools to Leverage Quality and Excellence

After proving that ongoing physician collaboration to learn from research helps to ensure the highest clinical quality, MemorialCare wanted to “hard-wire” those best practices into a robust system-wide infrastructure. Seven years ago, the health system established itself as a leader in the nation to take patient care well beyond a single location or episode by implementing electronic medical records (EMR) across all locations.

In 2006, Saddleback Memorial in Laguna Hills was the first hospital in Orange County to implement a fully integrated EMR. Today, all MemorialCare hospitals and ambulatory sites are effectively using an electronic medical record to give patients superior care.

Information about patients, whether they’re in one of MemorialCare’s emergency departments or an affiliated physician’s office are accessible and readable, with best practice guidelines woven in to help guide care and identify any adverse medical reactions.

Offering Leading Care from San Clemente to the South Bay

Prevention and wellness, evidence-based care and electronic medical records are clearly three of the cornerstones needed to transform health care. The fourth cornerstone to the health system’s extraordinary transformation is its impressive geographic spread and integration. With over 100 years behind it, MemorialCare has evolved well beyond a system of hospitals, and now, with its leading medical groups MemorialCare Medical Group and Greater Newport Physicians, as well as numerous ambulatory locations, it is a fully integrated health system poised to meet the challenges ahead.

Collaborating with other leading health providers is also essential. MemorialCare and UCI Irvine Health recently announced a unique affiliation to expand access to high-quality, cost-effective health care throughout Orange County. The first steps will be to open new state-of-the-art primary care centers offering individual and family health services, urgent care, prevention, wellness and basic diagnostic services.

As the most far-reaching changes from the Affordable Care Act are implemented, MemorialCare’s transformation to a fully integrated health system and its broad geography make it an even more relevant and attractive choice for individuals and employers seeking a high-quality, value solution to health care needs.

For more information about programs and services, go to memorialcare.org.
Transforming Health Care to Go Beyond Medicine

As one of Southern California’s largest and best health systems, we are changing the face of health care. With a vast and growing network of hospitals, physicians and outpatient centers, MemorialCare takes a personalized, integrated approach that puts patients on the path to wellness.

MemorialCare Health System. We keep our communities healthy and care for them when they’re not. For more information, visit MemorialCare.org or call 800-MEMORIAL.

Investing In You

Long Beach Memorial
Miller Children’s Hospital Long Beach
Community Hospital Long Beach

Orange Coast Memorial
Saddleback Memorial Laguna Hills
Saddleback Memorial San Clemente

MemorialCare Medical Group
Greater Newport Physicians
MemorialCare HealthExpress
This spring, St. Joseph Health and Hoag came together under an historic affiliation. Now, we are working to fulfill the exciting promise of this partnership.

As a result of this unprecedented affiliation, both St. Joseph Health and Hoag are in a position to contribute even more expansively to the health care of all of Orange County. Together, our two renowned organizations are addressing one of the biggest challenges of medical providers across the country — the extremely fragmented nature of health care. Additionally, we are addressing the needs of the more vulnerable populations in the county, as well as addressing health care costs and looking at new ways to ensure the overall health and wellness of the communities served.

“When St. Joseph Health and Hoag affiliated earlier this year, we committed to Southern Californians that we would take bold measures to transform health care delivery, increase access to quality services and bring innovative preventive and wellness efforts to the region,” says Richard Afable, MD, president and CEO of the affiliation of St. Joseph Health and Hoag. “In addition to making good progress on all fronts, we have found that we are truly the right partners for this effort.”

One of the first noted benefits of our coming together is the greatly expanded network of care now available. Thanks to the affiliation, Orange County residents have the ability to access six hospitals in the local region, as well as a strong and expanding network of urgent care centers, medical groups and health centers that can better coordinate with each other.

With this partnership also comes a platform from which a truly integrated model health care system can be delivered. An integrated system is one in which hospitals, primary care physicians, subspecialists, other medical services and patients are able to work together seamlessly to deliver quality care. It means people get the right level of care at a location that is convenient for them. And more people have access to the best medical care Orange County has to offer.

Another focus of the affiliation is population health, a familiar term in health care today. Population health means helping people get and stay healthy, rather than simply treating them when they are ill and need acute care. Ideally, those among us with chronic illnesses, such as diabetes and heart disease, will also able to improve their conditions in new and inventive ways, managing their conditions and living active lives rather than experiencing multiple hospital stays.

And we are looking to bring wellness to more of our communities and businesses. A good example of worksite wellness is the St. Joseph Health Wellness Center, started this year at the St. Joseph Health Park Place system office. Our new center cares for a steady stream of our own employees, providing everything from flu shots to lab draws, primary care visits with a nurse practitioner, annual physicals and a host of services to keep our colleagues healthy.

Clearly these are big efforts and there is more work ahead. Yet, thanks to this partnership, large initiatives we have never been able to undertake before are now taking place in the community. With a united infrastructure in place, doctors and health care leaders from two formerly separate systems are now able to “share notes,” and plan highly effective efforts aimed at delivering excellent health care.

As the model of health care in our nation continues to evolve, only those organizations with the flexibility and foresight to adjust to changing patient needs will be able to thrive. With this affiliation, we have an extraordinary combination of resources to successfully address changes – and the ability and talent pool to care for all of Orange County in the best way possible.

In Orange County, the hospitals in the St. Joseph Health and Hoag network are:
- Hoag Irvine
- Hoag Newport Beach
- Mission Hospital, Mission Viejo and Laguna Beach
- St. Joseph Hospital, Orange
- St. Jude Medical Center, Fullerton

Our medical groups are:
- Hoag Affiliated Physicians
- Hoag Medical Group
- Mission Heritage Medical Group
- Mission Hospital Affiliated Physicians
- Mission Internal Medical Group
- St. Joseph Heritage Medical Group
- St. Joseph Hospital Affiliated Physicians
- St. Jude Affiliated Physicians
- St. Jude Heritage Medical Group

For more information on physicians and hospitals in this outstanding network of care, call 877.459.DOCS.
The right doctor can take you anywhere you want to go.

To get the most out of life in Southern California, you need the right partner in health. Thanks to the affiliation between St. Joseph Health and Hoag, which includes hundreds of primary care physicians and more than a thousand specialists working in seven regional hospitals, finding the right doctor has never been easier.

Find your doctor today at ChooseYourDoc.org or call (877) 459-DOCS.
Dr. Morris Hasson really enjoys going to work. In his internal medicine practice, he has returned to a more personalized approach to patient care and service. “It’s an old-fashioned idea really,” Hasson said, “like it used to be years ago when people could see their doctor whenever they needed to. In this type of forward-focused practice, we have the advantages of advanced technology and refined medical skills. I believe this offers the very highest quality of care, making this the best of times for my patients.”

Dr. Hasson has somewhat of a unique professional background. He began his career in private practice, and then seven years later he assumed the position of Medical Director of the Executive Health and Weight Management programs at UC Irvine. It was in the Executive Health program that he became accustomed to spending significant amounts of time with each patient. “However, I was not involved in my patients’ day-to-day medical management. Only when they returned for their annual exam the following year did I see and hear about various health or family issues that had occurred along the way.” Therefore, Dr. Hasson made the decision to re-enter general internal medicine in a smaller, more intimate practice, taking care of his patients in a comprehensive manner.

The cornerstone for his proactive medical approach is a two-and-a-half-hour comprehensive wellness examination. He also offers half-hour routine appointments. This remarkable amount of face-to-face time with his patients was something he was determined not to give up. “My patients are really happy,” says Dr. Hasson. “They have my cell phone and know they can get in to see me very quickly any time an office visit is needed.”

After his first year in his personalized care concierge practice, he re-instituted a weight program. “I really missed not having a weight management component in my medical practice. It is very rewarding.” The weight program has dietitians who are healthcare educators teaching weekly classes. Dr. Hasson sees patients weekly as well. “It is wonderful,” says Dr. Hasson “to see patients transform from having to stop to catch their breath three times between the parking lot and my office, into patients who routinely exercise more than I do.”

To learn more about this personalized care practice, please contact Dr. Hasson at 949.382.2050. For information about the weight management program, call 949.382.2800 or visit www.centerforeffectiveweightloss.com.

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**Invest In Your Own Personal Health Profile From UC IRVINE EXECUTIVE HEALTH**

**PERSONAL INDIVIDUALIZED ATTENTION**

The 2 ½ hour comprehensive physical exam in tailored specifically to each patient’s age, gender and lifestyle behaviors. The program assesses the whole individual, looking not only at health but also fitness, emotional status and health risks.

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A follow-up session is scheduled with a 20-minute physical approximately 2 weeks later with ample time for questions and discussion.

**HEALTH RISK APPRAISAL**

A comprehensive health risk appraisal is generated, showing patients how lifestyle modifications can decrease their risk of developing cardiovascular disease and cancer.

The UC Irvine Executive Health Program has helped thousands of executives in Orange County and around the world manage their health since 1989.

**UC Irvine Health**

**EXECUTIVE HEALTH PROGRAM**

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