One of the most important transformations underway in health care today is the move towards prevention and wellness. Chronic diseases are the number one cause of death and disability in the US. Every year, 1.7 million Americans die from a chronic disease—accounting for 7 out of every 10 deaths in our country. As one of California’s leading health systems and one of Southern California’s largest employers, MemorialCare promotes employee wellness to reduce risk for lifestyle-related chronic conditions such as diabetes and hypertension.

“One of the best places to transform health care is in the workplace,” says Tammie Brailsford, RN, Executive Vice President and Chief Operating Officer. “That’s where most people spend the majority of their waking hours. So that’s where we began our employee wellness journey. Six years ago MemorialCare implemented an award winning prevention and wellness program, known as The Good Life, for its 11,500 employees.”

Fork, Feet and Fingers

There are three key areas to focus on in order to improve health. Dr. David Katz, Director of Yale University Prevention Research Center stresses that what we do with our fork, our feet and our fingers determines what we do to our future health.

To that end, MemorialCare has created a work environment that supports healthy food choices, creates opportunities to keep active and is smoke-free. With fitness challenges, onsite 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 improve their health. In a recent renovation of MemorialCare’s 15-acre, 300,000-square-foot property in Fountain Valley, the health system included walking workstations and sit-stand desks to help keep employees active.

Knowledge is power, so MemorialCare also offers employees annual opportunities to learn important biometric numbers like blood pressure, blood glucose and cholesterol, as well as confidential personal health assessments. Using a personalized, confidential online portal, employees can access health resources including a personal scorecard, exercise and nutrition planners, wellness coaching, wellness challenges and more.

Success in Managing Chronic Conditions

Chronic diseases like hypertension, diabetes, asthma and depression are responsible for more than 75% of health care costs, so addressing these conditions can help lower health care expenses. MemorialCare partners with employers or for a copy of a white paper on negotiations led to the results. For more information on how MemorialCare Good Life health and wellness initiatives linked to benefit design and strong rate were realized, call 714.377.2960.

MemorialCare’s commitment to employee health and wellness has resulted in significant reductions in its health care spending rate, dramatically below the national average. “Wellness solutions can improve employee health and well-being, increase employee engagement and decrease absenteeism,” according to Brailsford. “MemorialCare’s commitment to employee health and wellness has resulted in significant reductions in its health care spending rate, dramatically below the national average.” A recent nationwide survey conducted by Mercer revealed the national average increase in the employer-sponsored health care spending rate was 8.5 percent over the past five years. MemorialCare’s annual increase was 4.9 percent. Normalized for one year when the health system, a self-insured employer, experienced several outlier cases, the system’s average rate increase over five years was 3.5 percent, just above annual CPI. A combination of The Good Life health and wellness initiatives linked to benefit design and strong rate negotiations led to the results. For more information on how MemorialCare partners with employers or for a copy of a white paper on The Good Life, call 714.377.2960.

MemorialCare Health System is a nonprofit integrated delivery system that includes six top hospitals — Long Beach Memorial, Miller Children’s & Women’s Hospital Long Beach, Community Hospital Long Beach, Orange Coast Memorial, and Saddleback Memorial Laguna Hills and San Clemente; medical groups — MemorialCare Medical Group and Greater Newport Physicians; a health plan — Seaside Health Plan; and numerous outpatient health centers, imaging centers and surgery centers throughout the Southland.

MemorialCare has created a well workplace characterized by extraordinary employee engagement. They show employees how to take a holistic approach to wellness by increasing physician activity, focusing on healthy eating, supporting smoking cessation and promoting work-life balance.
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.
St. Joseph Hoag Health Brings Health and Wellness to the Workplace

By now, every employer knows that there are far more benefits to a healthy workforce than reducing health care costs. Helping employees get and stay healthy is important for employee satisfaction, productivity, innovation and, above all, the right thing to do for your company and community. So, with so much at stake, how do you get started?

It helps to have the right partner. As trusted names in Orange County, St. Joseph Hoag Health has come together to form a network of dedicated health care professionals with one big vision – making our region among the healthiest. That vision includes helping local workplaces enjoy great health care services, both in the form of traditional medical care and innovative solutions.

Companies working with St. Joseph Hoag Health enjoy complete and customized workplace wellness offerings that meet their needs. From assessing current services to providing everything necessary to start and grow a wellness program, we focus on helping local employers attain their goals and achieve exceptional outcomes. Among the programs we provide are:

- **Workforce wellness assessment and strategy development** — Our wellness team collaborates with you to identify areas of need based on your objectives. Together, we will develop a customized roadmap for wellness strategy implementation within your desired timeline. Our approach is specific to your organization’s values and culture and includes both wellness programs and medical services.

- **Healthy living programs** — We will provide an assessment package to help you determine your employee health improvement needs. Basic screenings include biometric screenings and assessments performed on your site. Additionally, we can provide nursing and other health care professionals to assist with group or individual coaching and education classes.

- **Lifestyle management** — Our intensive, proven programs address help employees manage chronic conditions such as diabetes and heart disease, as well as many of the issues that lead to serious health problems, such as weight and stress. We address not just habits that often result in disease, but also the underlying cause of unhealthy choices. Group and individual programs are available.

- **Effective stress management strategies** — Coping with stress is important for the well-being of all your employees. We offer behavioral change tools that will help you develop a healthier work environment. Additionally, we can provide onsite massage and a non-pharmaceutical solution for those experiencing sleep deprivation issues.

- **Fitness Programs** — Our team will help set up and manage fitness classes such as yoga, Zumba and barre at the location of your choice. We also offer simple solutions for maintaining employee fitness, such as walking clubs led by a wellness team instructor.

- **Telehealth** — For easy access to more St. Joseph Hoag Health providers, we provide video consult and specialized virtual diagnostic equipment. This is a great service for organizations with offices in multiple locations or for workers who travel frequently.

- **Onsite wellness centers** — For the most convenient access to medical care, our customized workplace Wellness Comers provide comprehensive medical and wellness services right in your office complex — where employees can access it best. We will set up a center to provide primary care services, preventive and immediate care, physicals, lab draws, specialty referrals, immunizations, medical aesthetics, nutrition counseling, worker’s compensation triage, travel health and any or all of the services listed above in our diverse menu. Employees can also have access to our electronic health record and patient portal, ensuring highly integrated care from multiple points of access.

More than just offering a promise of good health for your employees, St. Joseph Hoag Health provides the confidence that comes from expertise and experience. Having established wellness corners and wellness sites at multiple locations throughout Orange County, we have been successful in assisting many members of our community with improving their health and well-being. From our own experience, we have found the presence of a wellness center or wellness programs has increased employee satisfaction and engagement, ensured greater use of wellness and preventive services, increased productivity and decreased “presenteeism” (being at work, but not at one’s optimum state of physical or emotional well-being).

Let us show you how to help your employees become and stay healthy. It’s all available from Orange County’s most trusted names in health care.

The St. Joseph Hoag Health network includes:

**Hospitals:**
- CHOC Children’s in Orange and CHOC at Mission Hospital
- Hoag Hospital, Newport Beach and Irvine and Hoag Orthopedic Institute
- Mission Hospital, Mission Viejo and Laguna Beach
- St. Joseph Hospital, Orange
- St. Jude Medical Center, Fullerton

**Medical Groups and Physician Networks:**
- 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 and St. Jude Heritage Medical Group

For more information on our wellness programs, call 949-381-4793.

To find out more about St. Joseph Hoag Health, go to StJosephHoagHealth.org or call 877-459-DOCS.
choosing St. Joseph Hoag Health MEANS CHOOSING more

Orange County’s trusted names in health care have come together to offer our neighbors more than ever before. More access to more doctors. More locations. More peace of mind. Welcome to more.

Hoag Medical Group
Hoag Affiliated Physicians
Mission Heritage Medical Group

Mission Hospital Affiliated Physicians
St. Joseph Heritage Medical Group
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St. Jude Heritage Medical Group
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Find your doctor today at StJosephHoagHealth.org/11 or call (877) 459-DOCS (3627)
Managing Stress in Today’s Fast-Paced Culture

Stress is an emotional and physical reaction that we are all a little too familiar with. We tend to work too hard, have too many responsibilities, and so many people to please that it can be difficult for us to manage the stress that comes with our lives. Being overwhelmed, overworked, and depended upon too much can cause stress to develop into a normal feeling and reaction. Stress is such a prevalent factor in today’s fast-paced world that many of us go through our daily routine ignoring the psychological and physical effects that it may have on us. Stress is a major setback in how we live our lives to the fullest. We need to shift our attention to how we can better manage stress and our overall wellness.

Anxiety, neck and back pain, and increased or decreased appetite are some of the major symptoms of stress. To rid yourself of stress and its symptoms, one must be active in stress management techniques: eating a healthy diet, exercising and meditation. There are many ways you can manage stress and one of the best solutions is to get a massage!

According to the American Psychological Association, receiving a massage is one of the top three most effective stress management techniques. Massage therapy can significantly reduce stress on both psychological and physical levels. A therapeutic massage can relax and rejuvenate. There are many options for massage in Orange County but none compare to Elements Massage™, the highest-rated massage studio—guaranteed to be the BEST in Orange County. With locations throughout Orange County, Elements Massage™ is a world-class studio with a mission to provide clients with a relaxing massage that will relieve stress and provide a calming experience. Massages range from Swedish to sport and deep tissue, with Element’s professionally trained therapists able to offer a handcrafted massage specifically targeting your unique needs. Book some calm into your life...schedule a massage session at an Elements’ Orange County Studio.

For more information on how to manage stress or to book an appointment at Elements Massage™, please visit www.elementsmassageoc.com for a list of studios.

*Highest-rated claim based on Net Promoter scores from 2013 via Listen360.com
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 contact 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.” He cites a study in Medical Economics which showed 40%-60% decreased costs of hospitalization for patients in these types of practices.

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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