

EXECUTIVE HEALTH & Fitness



CUSTOM CONTENT • December 9, 2019

ONE EXTRAORDINARY HEALTH SYSTEM

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ORANGE COUNTY

Hoag* | Mission | St. Joseph | St. Jude

APPLE VALLEY

St. Mary

LOS ANGELES COUNTY

Holy Cross | Little Company of Mary | Saint John's
Saint Joseph | Tarzana



Find a doctor today at ChooseProvidence.org

*Hoag is a Providence affiliate.

Hoag Unveils Next-Generation Executive Health Program for the Modern Executive



Top executives are reshaping industries. For them, Hoag is reshaping executive health care.

A recognized leader in white-glove care, Hoag is unveiling its next generation Hoag Executive Health program in 2020. Leveraging new state-of-the-art facilities, the latest technologies, a dedicated team of physicians and the most advanced evidence-based approaches available today, Hoag's expanded program delivers even more comprehensive, convenient and complete care to the people who helm Orange County's most successful businesses.

With state-of-the-art facilities in Newport Beach, Irvine and Aliso Viejo, the Hoag Executive Health program expands what was already a robust full-system medical assessment to now include genomics, broader cardiovascular screening, a greater cancer screening component and additional nutrition assessments.

The program had long provided a year's worth of screenings into a two-day visit. Now by leveraging additional technology and a new format, Hoag now conducts the assessments and provide actionable recommendations with a full report during a single office visit. The result is a more convenient, more insightful and more complete personalized roadmap for executives to use to improve and maintain their health.

Access to Coaching

Hoag's world-class facilities includes a full-floor exercise lab where exercise physiologists demonstrate and train executives on their individual, recommended activities. Executives can then take this training with them to their own exercise facilities, or choose to join Hoag's Concierge Medicine program, which gives them further access to the facility and to the exercise physiologists' care.

This evolved Hoag Executive Health program also includes meal planning and other forms of coaching that can be accessed remotely, well after the comprehensive annual visit is complete. Coaches and physicians work together to deliver a complete and personalized plan that provides actionable recommendations that can be easily implemented.

New Technology

Hoag is known for its cutting-edge technology in both diagnostics and treatment modalities. This next-generation program expands the use of technology platforms to educate executives, turning the annual exam into a high-tech experience designed to provide deep visibility into an individual's health for a more precise wellness plan.

Dedicated Physicians

A dedicated team of board-certified physicians and specialists focus exclusively on the health and wellness of executive members and able to serve as health care consultants.

Taking Command by Increasing Insight

After 30 years of providing unparalleled executive health services, Hoag understands that executives often subordinate their own health care needs to the demands of running leading organizations. Our program keeps executives in charge of their health, providing the clarity they need to make insightful decisions about their wellness.

For more information, visit HoagExecutiveHealth.com or call (949) 999-9300.



James Lindberg, MD

- Board certified by the American Board of Internal Medicine
- Founding Chair, Orange County Wellness Coalition



Kory Tuominen, MD

- Board certified by the American Board of Family Medicine.
- Member, American Academy of Family Physicians
- Member, International Association for Physicians in Aesthetic Medicine



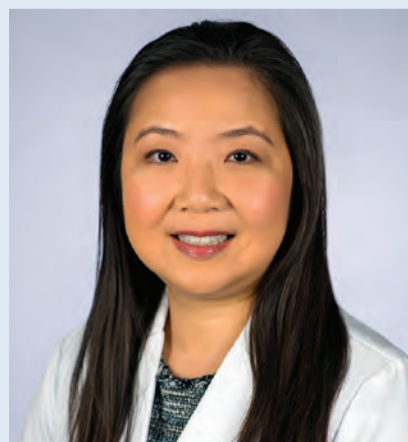
Susan Dindot, MD

- Board certified by the American Board of Internal Medicine.
- Member, Allscripts Advisory Board for Professionals (EMR)
- Member, American College of Physicians



Cambria Judd, MD

- Board certified by the American Board of Family Medicine
- Board certified by the American Osteopathic Association of Sports Medicine
- Member, The Institute for Functional Medicine at Cleveland Clinic



Elaine King, MD

- Board certified by the American Board of Family Medicine
- Member, American Academy of Family Physicians



Hoag Executive Health

A personalized and efficient approach for busy executives

Your success in business demands great health. Which is exactly why Hoag Executive Health has designed a program specifically for busy executives who desire a personalized and efficient approach to health care. The program offers an extensive, all-inclusive exam that evaluates all medical, nutritional and fitness components that contribute to an executive's overall

health. Our board-certified physicians and team of specialists provide personalized service throughout the process at our state-of-the-art facilities. Upon completion, you'll receive a customized plan to optimize and maintain your health. Hoag is proud to partner with the most successful executives in Orange County and together, we keep you and your business healthy.



Comprehensive physical, nutritional and fitness examination



Nationally-recognized, board-certified physicians



Three convenient Orange County locations: Aliso Viejo, Irvine and Newport Beach

To learn more or request an appointment, contact:
Hoag Executive Health | 949-999-9300 | HoagExecutiveHealth.com





WE STOP AT NOTHING TO FIGHT YOUR CANCER

Cancer may be more than 100 different diseases, but at the UCI Health 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 \$40 million in current 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, our brain tumor team has 18 clinical trials in progress and \$13 million in research funding.

- 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 or for more information on clinical trials, call 877-827-8839.

HER ODDS AGAINST CANCER WERE TOUGH.
HER BABY'S WERE IMPOSSIBLE.

STOP AT NOTHING

**TO DELIVER THE
EXTRAORDINARY**

When others said an unexpected pregnancy should be ended due to chemotherapy treatment, UCI Health challenged the odds to find a way to save both lives. It's one reason we'll continue to stay at the forefront of treating cancer.

Learn more at
ucihealth.org/stopatnothing
or call 714-456-8000.

UCI Health



Model used for illustrative purposes only.