

EXECUTIVE HEALTH & Fitness

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Photos depict a typical facility; amenities and classes vary by club. Certain amenities may be available for an additional fee. ©2018 Fitness International, LLC. All rights reserved.



Hoag Executive Health Helps Business Leaders Thrive

By Justin Davis, Hoag Executive Health

Energy. Strength. Vigor. To describe successful business leaders, we reach for words that connote good health.

That is because successful, healthy executives lead successful, healthy businesses. And that is why, for more than six years, Orange County's leading companies have partnered with the Hoag Executive Health program.

Under the direction of Hoag Executive Health Chief of Service Dr. James Lindberg, the program focuses on building meaningful relationships and going above and beyond what is expected in medical care. By investing in the health and wellbeing of their C-suite, corporations that work with Hoag have benefited from the uniquely holistic and comprehensive approach offered.

The Hoag Executive Health exam, for example, is an investment in the health of the business owner and the health of their business. This physical exam addresses every system in the body and provides a year's worth of medical assessments in less than one day. Physicians, exercise physiologists and nutritionists deliver assessments in our spa-like concierge medical offices.

Balancing cutting-edge clinical diagnostics with lifestyle assessments, the exams result in a customized Wellness Report, which includes results of tests conducted, key findings and actionable recommendations. These are personalized plans that executives feel motivated to implement.

Over the decades, companies have learned that as the demands on their executives grow more intense, attending to leaders' health becomes paramount. By offering Hoag's personalized and efficient program, forward-thinking companies are able to attract and retain top talent and ultimately lower their health care costs.

And like your executives, our program is constantly innovating. We travel to business leaders' homes, offices or other locations to conduct blood work in advance of exams, further maximizing the executive's time. We have added a behavioral health component to our offerings, and we will soon launch a new technology suite that will streamline an executive's care, should follow-ups and specialized treatment be necessary.

In addition to our standard executive health program, we have also expanded our offerings and created a program specific to the community's first responders. This includes more than 1,000 Orange County Fire Authority firefighters and the Irvine Police Department, in recognition of the fact that leadership and workplace stress comes in many forms. The assessment, ongoing training as well as fitness and nutrition education, is tailored to first responders, but it is inspired by the work we

have done with executives, whose mental and physical health is critical for success.

Whether you're a captain of industry or someone who regularly arrives at scenes of tragedy, the effects of high stress over extended periods of time have significant health implications. Hoag Executive Health is focused on being a resource for our clients, preventing health issues and solving problems as they arise. The flexibility of our program allows us to customize a relationship that fits any company's needs – from risk prevention to education to physical exams.

From its inception, Hoag's Executive Health program has competed on a national level with some of the most prestigious medical centers in the nation. And we offer something that no other acclaimed institution can: proximity. Rather than spend a week at a famed medical center back East, Orange County executives receive their care in their own backyards – sometimes literally – with locations in Newport Beach, Irvine and Aliso Viejo.

This not only saves time, but it allows for a real and meaningful doctor-patient relationship to develop. If a client does not have a primary care physician, or if the executive prefers to have one trusted health and wellness resource to answer all their questions and address their health care needs, Hoag's program provides that level of service.

Our clinicians will even attend appointments with specialists, to serve as an educated advocate for our clients. The level of involvement and service is based on the company and the executive; our program is designed to reduce stress and improve health.

Every successful company understands that its most valuable commodity is its people. For executives wishing to take a company-wide view, the Hoag Executive Health program also works with benefits brokers to determine eligibility and to create various incentives for employee health and wellness programs. This helps reduce health care costs in the long run and improve everything from morale to productivity.

Energy. Strength. Vigor. We are proud to partner with the most successful executives in Orange County, and we are dedicated to keeping these global leaders competitive, innovative and most importantly, healthy.

Hoag Executive Health
HoagExecutiveHealth.com
888-635-1687

Meet the Team

Our experienced team is here to assist you through all aspects of our Hoag Executive Health program:



Dr. James Lindberg
Chief of Service



Joanne Quevedo
Exercise Physiologist



Wray Watkins
Exercise Physiologist



Victoria Gephart
Client Services Manager



Justin Davis
Vice President,
Business Development



Alison Bloeser
Client Services,
Senior Account Specialist



INVEST YOUR TIME WITH US FOR A LIFETIME OF HEALTHY RETURNS

Schedule a comprehensive executive physical examination.

Your success in business demands great health. Which is exactly why Hoag Executive Health has designed a program specifically for busy executives who don't have the time for multiple appointments at different locations.

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 facility. 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 with the goal of keeping them and their businesses healthy.

Physical, nutritional and fitness examinations at a single facility

Nationally recognized, board-certified physicians

Personalized and efficient approach for busy executives

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



To learn more or request an appointment,
contact Hoag Executive Health.
HoagExecutiveHealth.com | 888-635-1687



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Highest Ranked Hospital
in Orange County

It's time.

Choose a physician
who's right for you.

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Now is the perfect time to choose a UCI Health primary care doctor. And with more Best Doctors in America[®] than any other hospital in Orange County*, there is simply no better choice for your healthcare.

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- Access to more than 500 specialists who are part of Orange County's only academic health system

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*Best Doctors Inc. asked more than 50,000 world-renowned medical experts: "If you or a loved one needed a physician in your specialty, to whom would you refer?" Only 5 percent of U.S. doctors earn this distinction.