



live well for a healthy heart



Make a better health choice today for a better heart tomorrow.

With Dr. Ornish's Program for Reversing Heart Disease[®], you can strengthen your well-being, feel younger, and be more active.

The Ornish Reversal Program is scientifically proven to reverse the progression of heart disease using lifestyle as medicine. Unlike medications and invasive procedures, the program deals with the root causes of heart disease and not just its effects.

How it works

Over nine weeks, you'll attend 18 four-hour sessions with participants just like you who are working to reverse their heart disease and improve their well-being.

We focus on **four elements** of your life.



Who's on your team

A certified, multidisciplinary health care team will support you and your fellow participants every step of the way. The team includes:

- Registered dietitian.
- Stress management specialist.
- Exercise physiologist.
- Program medical director.
- Nurse case manager.
- Group support facilitator.



HMSA may pay for this program depending on your medical history. For more information, talk to your primary care provider or a staff member at an Ornish Reversal Program site.

'Ekahi Health Systems
948-9500
500 Ala Moana Blvd., Suite 6-D
Honolulu, HI 96813

Hawaii Pacific Health –
Straub Medical Center
522-4114
1100 Ward Ave., Suite 715
Honolulu, HI 96814

Island Heart Care
769-5225
75-1027 Henry Street, Suite 110
Kailua Kona, HI 96740

To learn more or to find the nearest Ornish Reversal Program site, visit hmsa.com/well-being/ornish-reversal-program/



An Independent Licensee of the Blue Cross and Blue Shield Association