

Live well for a healthy heart

Make a choice today for a better heart tomorrow.

With the Ornish Lifestyle Medicine™ program, you can strengthen your well-being, feel younger, and be more active.

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

Who's the program for?

The program is for people who are at risk for or who have heart disease. For example, you may be eligible if you've had a heart attack, heart surgery, or a heart replacement and/or if you have health conditions like diabetes.

How it works

Over nine weeks, you'll attend 18 four-hour sessions with other participants 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 a:

- 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 Lifestyle Medicine program site.

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

Locations

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

Hilo Medical Center
1190 Waiuanue Ave.
Hilo, HI 96720
932-3455

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

Hui No Ke Ola Pono
Walter Cameron Center
95 Mahalani St., Room 21
Wailuku, HI 96793
244-4647

