



# live well for a healthy heart



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

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

The Ornish Lifestyle Medicine 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.



### Locations

'Ekahi Health  
500 Ala Moana Blvd., Suite 6-D  
Honolulu, HI 96813  
777-4001

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

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

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

### 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 Lifestyle Medicine program site.

To learn more or to find the nearest Ornish Lifestyle Medicine program site, visit [hmsa.com/well-being/ornish-reversal-program/](http://hmsa.com/well-being/ornish-reversal-program/)

