

# 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. Please note that eligibility criteria for the program will change Jan. 1, 2022.\*

## 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.\* Beginning Jan. 1, 2022, the \$20 copayment per session will change to match your plan's coinsurance. For instance, if you have the 80/20 plan, you'll pay 20% for each session. For more information, talk to your primary care provider or a staff member at an Ornish Lifestyle Medicine program site.

\* Beginning Jan. 1, 2022, EUTF and HSTA VB actives and retirees are eligible for the Ornish Lifestyle Medicine if they meet one or more of these criteria:

- A heart attack within the previous 12 months.
- A coronary artery bypass surgery.
- Current stable angina pectoris.
- Heart valve repair or replacement.
- Percutaneous transluminal coronary angioplasty (PTCA) or coronary stenting.
- A heart or heart-lung transplant.

The status of classes may change due to COVID-19. For the latest information, call the Ornish site closest to you from the list below.

## Locations

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

**Hilo Medical Center**  
1190 Waianuenue 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

