

The evidence has never been stronger...

This is the only lifestyle program scientifically proven to *reverse the progression of coronary heart disease* in randomized controlled trials, published in the leading peer-reviewed medical journals. It's a comprehensive program that integrates the best of traditional medicine and comprehensive lifestyle changes.

The incentives never greater...

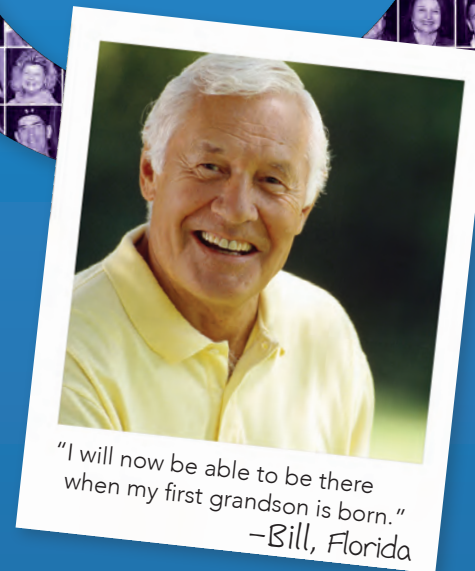
This program is now fully reimbursed under Medicare and other plans as Intensive Cardiac Rehabilitation. With today's shifts from fee for service to fee for value, you and your practice may benefit from:

- A new revenue stream: Medicare reimburses for more than \$7,300/patient
- Additional revenue from achieving better clinical outcomes at lower costs
- Greater patient satisfaction
- New patients come for the Ornish Lifestyle Medicine program and may stay for other clinical services you provide
- Deep and meaningful professional fulfillment

The steps never simpler...

This is a turnkey program, providing all of the professional training and resources you need to provide this lifestyle program. Your patients are trained by a team of health care professionals under your supervision, allowing you to leverage your time more effectively. You retain complete control over all decisions regarding your patients.

For more information, visit OrnishProgram@mednet.ucla.edu or contact an Ornish Care Specialist, 310.794.1800.



"I will now be able to be there when my first grandson is born."
—Bill, Florida

"I had so much angina that I was popping more than 20 nitros a day. After only a few weeks on this program, I was free of chest pain, and my heart disease showed some reversal after 1 year and even more reversal after 5 years."

— Mel Lefer
California



A blueprint for lifelong transformation

People come to the Ornish Lifestyle Medicine program for what it remedies, but they stay for what it *ignites*. Supportive communities of fellow participants sustain the lifestyle changes and their benefits long after completion of the formal program.

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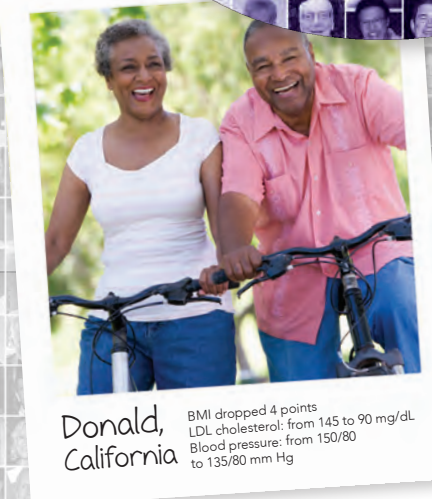


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Marilyn, New Jersey



Donald, California
BMI dropped 4 points
LDL cholesterol: from 145 to 90 mg/dL
Blood pressure: from 150/80 to 135/80 mm Hg



A proven lifestyle program that is professionally gratifying, emotionally satisfying, and economically rewarding



The right idea at the right time

Lifestyle changes and medical therapy, focusing on eliminating all unhealthy behaviors, should be the foundation of treatment in stable CHD.

– Clinical Practice Guidelines, 2012¹

- American College of Physicians
- American College of Cardiology Foundation
- American Heart Association
- American Association for Thoracic Surgery
- Society of Thoracic Surgeons
- Preventive Cardiovascular Nurses Association

“Over 75 percent of the nearly three trillion dollars in annual U.S. healthcare costs are spent on chronic diseases that can be largely prevented and improved through comprehensive lifestyle changes. These realities put programs like Dr. Ornish’s Program for Reversing Heart Disease® front and center in the effort to transform our healthcare system.

The Ornish Lifestyle Medicine™ program is a highly effective way to engage individuals in proactively managing their health and, in turn, realize positive outcomes.”

– Doug Widders, Senior Vice President,
Provider Engagement and Contracting,
WellPoint

What sets Ornish Lifestyle Medicine™ apart

72 hours of intensive cardiac rehab, offering an integrated experience with exceptional clinical outcomes

✓ Endorsed and fully reimbursed under Medicare and other plans

18 total sessions
x 4 hours per session
= 72 total hours

...altering the course of a participant’s disease as it instills a new approach to living that can last a lifetime

1 referral activates a team of health experts to enhance your effectiveness, efficiency, and profitability, while improving patient outcomes

✓ Participating facilities and staff are certified and trained to meet the exacting standards of this Medicare-approved program

We focus on four elements of a participant’s life

What you eat

How you respond to stress

How much activity you have

How much love & support you have

Each 4-hour session reinforces **4 key areas** of lifestyle change:

- 1 Nutrition:** healthy-eating guidance during a shared meal
- 2 Activity:** supervised exercise

- 3 Stress management:** relaxation techniques
- 4 Emotional support:** group discussion

These sessions occur in an outpatient setting in your clinic or at a local or regional facility.



Certified and trained staff

- Registered Dietitian
- Stress Management Specialist
- Exercise Physiologist
- Program Medical Director
- Nurse Case Manager
- Group Support Facilitator (psychologist/social worker)

Quickly begin to undo a lifetime of damage

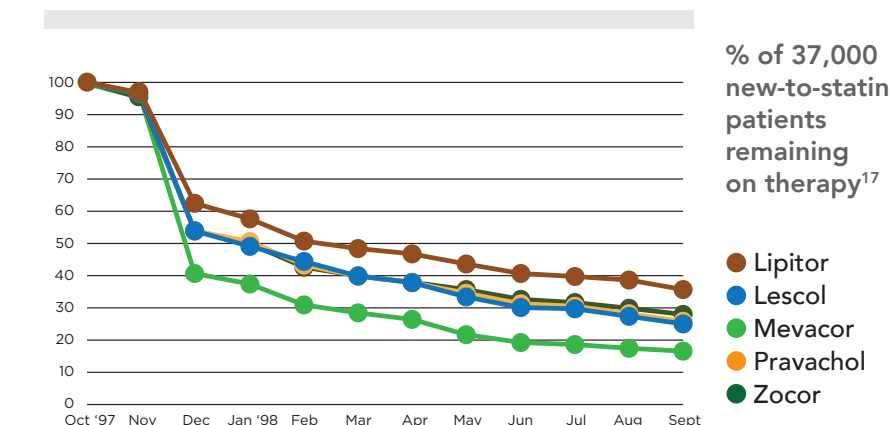
Potential health benefits of program participation include²⁻¹⁵:

- Reduced risk of cardiac events and their recurrence
- Regression of coronary artery stenosis
- Decreased size and severity of myocardial perfusion abnormalities
- Significantly greater exercise capacity
- Safe avoidance of surgical and percutaneous coronary revascularization procedures in eligible patients
- Improvements in LDL cholesterol, BMI, blood pressure, and fasting blood glucose
- Decreased frequency and severity of angina

Rapid results plus emotional support yield uncommonly high adherence

87.9% adherence to lifestyle changes 1 year after participation¹⁶

Compare with adherence to pharmacotherapy



“I was using a cane to walk, and riding a wheelchair to shop. I used to get chest pain after walking 75 feet; now I can walk more than 2 miles or ride a stationary bike from 8 to 10 miles a day without any pain. I no longer use a cane or a wheelchair. I feel like the Energizer Bunny.”

– Wesley Miller
West Virginia

Higher adherence leads to sustained gains at 5 years²

In the landmark Lifestyle Heart Trial, after 5 years of follow-up, patients with coronary disease who maintained lifestyle changes under the Ornish Lifestyle Medicine program experienced even greater lesion regression, with dramatically lower rates of heart attacks and surgeries, compared with control patients.