

Hello

Welcome to Blue Zones™ Health



Santa Monica | 2001 Santa Monica Boulevard, #1260W, Santa Monica, CA 90404

Riverside | 4368 Central Avenue, Riverside, CA 92506

Redlands | 1200 California Street, Suite 102, Redlands, CA 92374

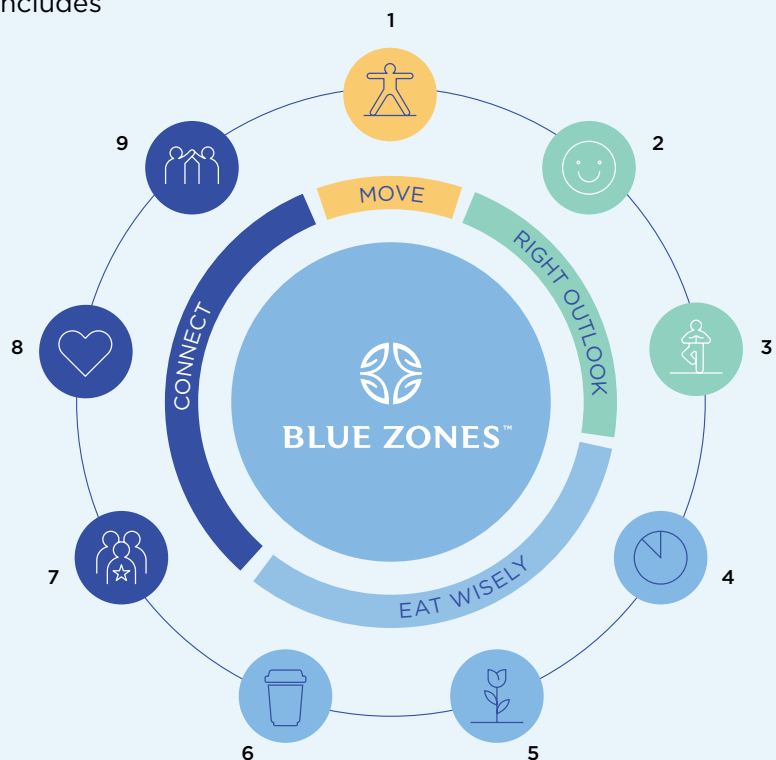
Empowering You To *Live Better, Longer*™

Twenty years ago, National Geographic discovered five regions around the world where people live exceptionally long and healthy lives, which became known as the Blue Zones. We have rigorously reviewed the epidemiological and anthropological studies, and distilled the essence of what makes the Blue Zones special into a primary care practice that is designed to empower you to *live better, longer*™.

By becoming a member of Blue Zones Health, you will experience a supportive community and evidence-based care pathways that will enable you to adopt the Blue Zones Power 9®, the core lifestyle habits shared by people in these longevity hotspots.

Blue Zones Power 9®

- 1. Move Naturally** – Incorporate movement into your daily activities
- 2. Purpose** – Live life with purpose
- 3. Down Shift** – Take time to intentionally relax and reduce stress
- 4. 80% Rule** – Don't over eat, eat until you're 80% full
- 5. Plant Slant** – Make sure your diet includes mostly fruits and vegetables
- 6. Friends at 5** – Unwind in the company of your friends
- 7. Positive Pack** – Surround yourself with supportive people who are optimistic
- 8. Loved Ones First** – Our families (blood or chosen) are of the utmost importance, make time for them
- 9. Belong** – Avoid being isolated, participate in the community and maintain friendships



Your Blue Zones Health Membership Is The Key To *Living Better, Longer*

Our commitment to you:



REAL RELATIONSHIP

- 30 minute appointment windows
- We will truly listen to your needs and concerns
- A team that will treat you like family with respect and compassion



ALWAYS AVAILABLE

- 24/7 phone or secure messaging with doctor
- Same day/next day urgent care visits
- Avoid missing work or visits to urgent care



WELLNESS BENEFITS

- Health coach, dietitian and health psychologist
- Healthy living support groups
- Community events and cooking classes

BETTER HEALTH OUTCOMES



20%

Reduction in
LDL Cholesterol*



12%

Reduction in
Hemoglobin A1c*



9%

Reduction in
Body Mass Index*

*On average after 2 years since joining, while reducing prescription drugs.



Dedicated Care Team To Guide You To Better Health

As a Blue Zones Health member, your journey to better health will be guided by a collaborative care team. You will work with a Primary Care Physician who will develop your care plan and oversee all aspects of your care, and with an Advanced Practice Provider who will dedicate more time to addressing your questions and concerns thoroughly in follow-up visits. Medical appointments are scheduled for 30 minutes, to ensure enough time to truly address your needs.

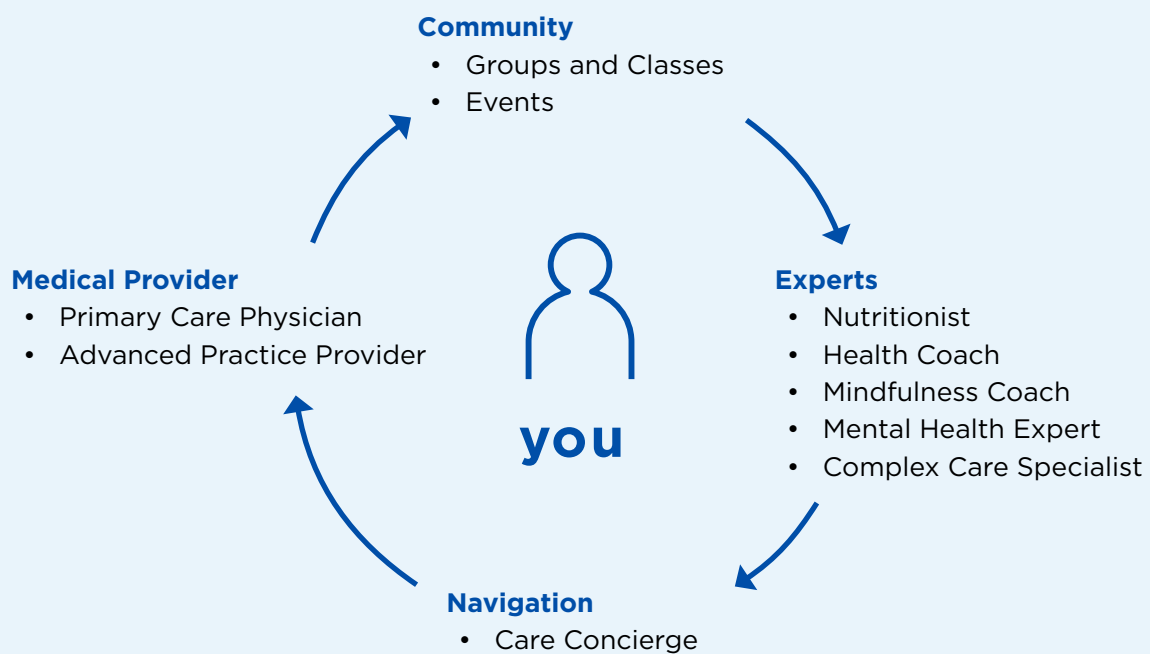


Through the annual Live Better planning visit, your Primary Care Physician will develop and fine-tune your personalized care plan based on advanced assessments and diagnostics that incorporate leading scientific research in wellbeing. Depending on your needs, you will be referred to a team of Experts who will be your guide for building health skills or resolving problems, including health coaches, nutritionists, mindfulness coaches, and mental health advisors. You will also connect with other members on a similar health journey through groups and classes to help you incorporate the Blue Zones Power 9® into your lifestyle.



You will be assigned to a dedicated Care Concierge who will serve as your point of contact to coordinate healthcare services within Blue Zones Health as well as specialist and tertiary providers. We surround you with a village, because we know that healing takes place within supportive relationships.

The Blue Zones Health Model Of Care



Preparing For Your Appointments



Here's what you can do to make the most out of your doctor appointments:

- ✓ In your first appointment, bring your current list of medications, including dosages (or just bring the bottles if easier)
- ✓ Arrive on time so you can benefit from the full 30-minute appointment slot
- ✓ Keep us up to date with any changes to your health
- ✓ Follow up with our providers for both routine care as well as urgent care so we can coordinate across all aspects of your care

Types of questions to ask:

- ✓ What are my most recent labs and what do those numbers mean?
- ✓ Are there any lifestyle changes I can make based on my current routine?
- ✓ Will there be any changes in my medications? If so, are there any possible side effects I should know about?
- ✓ Are there any preventive measures I can take to help with the treatments?
- ✓ When should I schedule my next appointment?
- ✓ Are there any other healthcare team members I should schedule an appointment with?

What Our Members Are Saying About Us

“ Wonderful place, not only because they help you get great results in getting healthier, but the whole staff make you feel more like a respected part of a family rather than someone to be seen for 10 minutes. ”

- Charles

“ Patients are listened to and can have an active part in their healthcare treatments. ”

- Betty

“ This company is staffed by loving people making it their aim to heal people the natural way. ”

- Antoon

“ I love the portal... Whenever I had an urgent issue, they are there at that moment not days or weeks later. They listen to me about my health, my relationships and personal issues. I love the staff. ”

- Mya



We Are Here When You Need Us

We offer **same day or next day appointments** in the office when you need it. For after-hours and weekends, our doctors are still available by phone **24/7**, around the clock.

Santa Monica Center:
310-829-1711

Riverside and Redlands Centers:
951-742-7324

Save the phone numbers above within your phone contacts to ensure you are aware of when our office is contacting you.

bluezoneshealth.org