



HOAG MEMORIAL HOSPITAL PRESBYTERIAN  
One Hoag Drive, PO Box 6100  
Newport Beach, CA 92658-6100

Media Contact:  
Heidi Pallares  
Heidi.Pallares@Hoag.org  
(949) 764-6939

### **Hoag Reimagines Health and Wellness in Foothill Ranch**

- *In one central community location, new Hoag Health Center Foothill Ranch offers primary care, nutrition and fitness counseling, sports medicine, urgent care, pediatrics and more*
- *Introducing West Coast's first BIOCIRCUIT™ Studio*
- *Los Angeles Chargers, lululemon and others will have onsite presence as part of center's unique retail component*
- *By focusing on personal health and wellness plans, innovative programs and services will empower patients*

**FOOTHILL RANCH, Calif., January 25, 2020** --- Hoag Memorial Hospital Presbyterian announced today the opening of [Hoag Health Center Foothill Ranch](#) – a forward-thinking concept reimagining the way community health care is designed and delivered.

The 45,000 square-foot facility clinically integrates health and wellness, merging the traditional – primary care, urgent care, specialty services, pediatrics, women's health, sports medicine, physical therapy, orthopedics, imaging and lab – with prescribed personalized wellness plans for overall health including sleep, stress, nutrition and exercise.

“Our vision for Hoag Health Center Foothill Ranch was to establish a wellness hub helping the community attain, maintain and celebrate good health,” said [Robert T. Braithwaite, president and CEO of Hoag](#). “From dedicated, renowned physicians to state-of-the-art technology, we’ve created a space for our community to optimize their well-being beyond the traditional doctor’s visit.”

With a focus on empowering patients, Hoag Health Center Foothill Ranch – centrally located in the community at Foothill Ranch Towne Centre – features a certified [health coach](#) who works alongside onsite physicians to personalize a plan that helps patients achieve their health and wellness goals.

Lori Mueller will be the lead health coach and program manager of the Hoag Lifestyle Program at Hoag Health Center Foothill Ranch.



HOAG MEMORIAL HOSPITAL PRESBYTERIAN  
One Hoag Drive, PO Box 6100  
Newport Beach, CA 92658-6100

“To be the first to launch a program that is so unique, speaks volumes about Hoag’s dedication to the community’s longevity, happiness and overall wellness,” said Mueller. “The fact that there is a team-based approach that includes a physician, health coach, trainer and dietitian reinforces the commitment to good health and ensures accountability on the part of the patient.”

Hoag Health Center Foothill Ranch also puts an emphasis on [tech driven health](#). As smartwatches, phones and fitness trackers become “smarter,” physicians and patients will be able to leverage more data than ever to help make informed decisions about diagnoses and wellness plans. The Hoag Tech Bar at the center will help patients select devices and install apps, curated by Hoag physicians to help them achieve their lifestyle goals.

Inside the health center, patients will have access to the first BIOCIRCUIT Studio on the West Coast. The studio’s high-tech fitness machines adjust to the patients customized workout program, remember previous workouts and make recommendations and adjustments according to a wide array of biometric readings, which will be monitored in collaboration with a physician and the health coach.

The physician leaders who will be working alongside the wellness providers include [Gabriel Carpio-Bracho, M.D.](#), family medicine and sports medicine; [Lauren Sweetser, M.D.](#), internal medicine; and pediatrician [Jacqueline Leon, M.D., F.A.A.P., M.P.H.](#), as well as [other specialists](#).

Ongoing community classes at Hoag Health Center Foothill Ranch will include group exercise opportunities and nutrition education, as well as physician-led presentations exploring trending health care topics on maternity, cancer, diabetes, heart, orthopedics, neurosciences, wellness, parenting, active aging, women’s health and more.

Another unique component of Hoag Health Center Foothill Ranch is the integration of retailers throughout the center. Featuring partners that share Hoag’s vision for health, wellness and community connection, Patch Coffee Co., CAMPO Aromatherapy, lululemon, OC Soccer Club and the Los Angeles Chargers will all have a presence inside.



HOAG MEMORIAL HOSPITAL PRESBYTERIAN  
One Hoag Drive, PO Box 6100  
Newport Beach, CA 92658-6100

Hoag Health Center Foothill Ranch is located at 26672 Portola Parkway, Foothill Ranch, CA 92610. The onsite Hoag Urgent Care will be open 7 days a week – Monday through Friday 8 a.m. to 8 p.m. and Saturday & Sunday 8 a.m. to 5 p.m.

To learn more about Hoag Health Center Foothill Ranch, visit [hoag.org/foothill-ranch](http://hoag.org/foothill-ranch).

### **ABOUT HOAG MEMORIAL HOSPITAL PRESBYTERIAN**

Hoag is an approximately \$1 billion nonprofit, regional health care delivery network in Orange County, California, that treats more than 30,000 inpatients and 450,000 outpatients annually. Hoag consists of two acute-care hospitals – Hoag Hospital Newport Beach, which opened in 1952, and Hoag Hospital Irvine, which opened in 2010 – in addition to eight health centers and 11 urgent care centers. Hoag is a designated Magnet® hospital by the American Nurses Credentialing Center (ANCC). Hoag offers a comprehensive blend of health care services that includes five institutes providing specialized services in the following areas: [cancer](#), [heart and vascular](#), [neurosciences](#), [women's health](#), and orthopedics through Hoag's affiliate, [Hoag Orthopedic Institute](#), which consists of an orthopedic hospital and two ambulatory surgical centers. Hoag has been named one of the Best Regional Hospitals in the 2019 - 2020 *U.S. News & World Report*, and *Becker's Healthcare* named Hoag as one of the 2018 "100 Great Hospitals in America" – a designation Hoag has received five times. For an unprecedented 23 years, residents of Orange County have chosen Hoag as one of the county's best hospitals in a local newspaper survey. Visit [www.hoag.org](http://www.hoag.org) for more information.

###