The choices we make today have a powerful effect on our well-being tomorrow. Even if your health isn’t the best now, it’s not too late to change course for a healthier future. Seize the day. Because you don’t always get a do-over in life.

Improve your heart health with Dr. Ornish’s Program for Reversing Heart Disease®. The first program scientifically proven to reverse the progression of heart disease through lifestyle changes, the Ornish program focuses on root causes, not just symptoms.

blueshieldca.com
The program helps patients make improvements to four key areas of their lives: nutrition, stress management, fitness, and social support. It is a nine-week outpatient series with two four-hour sessions a week — a small investment for a healthier future. Classes are small, so you can get the personal support you need to improve your choices, habits, and well-being.

The program will help you:

**Heal your body**
- Reduce your risk of having a major heart-related health event
- Minimize chest pain, in both frequency and intensity
- Decrease your likelihood for needing surgery
- Lessen your dependence on medications
- Lower your cholesterol, improve your blood pressure, and lose weight
- Increase your ability to exercise and stay fit

**Heal your mind**
- Experience healthy eating and learn how to prepare delicious, wholesome meals at home
- Take part in regular, fun 30-minute exercise sessions that will easily fit into your daily routine
- Learn techniques for feeling more peaceful and managing stress better
- Give and receive emotional support and unlock the healing power of a community focused on living long, joyful, and abundant lives
- Continue to stay involved with other graduates of the program
Dr. Ornish’s Program for Reversing Heart Disease is an intensive cardiac rehabilitation program, and you will need a referral from your doctor to enroll. If you are ready to make the commitment to better heart health, talk to your doctor about registering.

The Ornish program is offered in San Diego, Fullerton, Los Angeles, and Larkspur.

For more about this program, check the location nearest to you:

- St. Jude Medical Center: [www.ornishspectrum.com/undo-it](http://www.ornishspectrum.com/undo-it)
- Ronald Reagan UCLA Medical Center: [www.rehab.ucla.edu](http://www.rehab.ucla.edu)
  (click on Ornish Reversal Program under Our Services)

If you have any questions, call Member Services at the number on the back of your member ID card.

For more information, visit [www.ornish.com](http://www.ornish.com) or contact an Ornish Care Specialist at **(877) 888-3091**.

* Length of enrollment may vary from facility to facility.
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