

OVADIA HEART HEALTH

COMPANY HEALTH STARTS WITH INDIVIDUAL CHANGE

Ovadia Heart Health and Precision Cut Industries Raise the Bar in Corporate Wellness with a Metabolic Health Focus





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Progressive-minded business owners invest generously in the well-being of their employees, as a healthier workforce is indeed a more productive one. But more than replacing soda with mineral water in the vending machine, albeit a good start, is the intent of a dedicated employer and a clinical expert to bridge the metabolic health gap toward real change. Ovadia Heart Health has partnered with Hanover's Precision Cut Industries (PCI) to provide intervention and education in expectation of preventing illness before it's detected.

Philip Ovadia, MD, board-certified Cardiac Surgeon and founder of Ovadia Heart Health, has his pulse on the employees of PCI. Along with his clinical team, Dr. Ovadia has pioneered a wellness program like none other, working synergistically with businesses to improve their employees metabolic health!

PCI CEO Brian Greenplate has embraced this innovation, trusting these efforts will encourage individual change. Greenplate says, "Our employees are our most valuable asset, and we want to provide them with the best information possible on how they can be healthy."

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There is a saying in business and health, change starts with one person. The power of seeing and hearing results can move others to act. In coaching circles, it is well understood sustainable change happens from within, intrinsically. Change forced upon others, extrinsically either through force, persuasion or a shiny object is often short-lived. Even amongst those individuals closest to us, as in family members, they must find their own reason to change and unique path to follow.

“All great change in America begins at the dinner table.”

Ronald Reagan

COMPANY EFFORTS PROMOTE INDIVIDUAL CHANGE

Historically, corporate efforts in employee health have been disease management-focused; essentially, waiting for an employee to get sick, then handling their disease afterward.

Companies like PCI are doing the reverse and getting ahead of potential problems.

At present, only 7% of US adults have good metabolic health, costing businesses an average of \$3,900 per employee per year. Ovadia Heart Health endeavors to position itself as a leading wellness provider by focusing on education in this area. The power of seeing and hearing results can move others to act, and there’s a saying in business and health that change starts with one person. It was Ronald Reagan who said, “All great change in America begins at the dinner table.” Maybe today it will begin in the breakroom. “There is a health revolution underway, and the workplace is an ideal place for that movement to grow,” says Dr. Ovadia. “ We can leverage the support of coworkers and create a culture of health at the workplace that will then spread to the home.” Greenplate is encouraged to see and hear the many PCI health success stories that have emerged as a direct result of corporate-wide education by Dr. Ovadia’s team.

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The framework of what Ovadia Heart Health has implemented at PCI in the last year:

- Two blood draws pre and post with eight-month time span
- Six onsite visits from Ovadia Heart Health experts including medical doctor, nurse practitioner and metabolic health coaches
- During onsite visits small group discussions held on components such as understanding each employee's lab work, lifestyle practices to enhance metabolic health such as exercise, nutrition, sleep, stress and mindset.
- Monthly virtual coaching sessions on topics mentioned above for deeper understanding and enrichment
- Individuals desiring more in-depth personal knowledge had access to individual coaching with certified metabolic health coaches
- Access to online learning modules as well as two specific two-week challenges, one on getting more movement in your life and the second on how to quit sugar

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Female, Age 55

From pre-diabetic to normal range blood sugar. HbA1c, the 90-day average for blood glucose, went from 5.8 to 5.5. Triglycerides dropped from 90 to 77. Fasting Insulin dropped from 17 to 11.9. Her HDL cholesterol increased (which is a positive) from 52 to 60.

This individual talked about the small wins and even was herself surprised by the improvements on her labs. Often individuals can be hard on themselves and may not take the time to celebrate their success. Ongoing coaching with onsite recognition can be helpful in this regard.



Her small steps in eliminating bread and cooking more meals for her parents were mentioned as small steps forward. The support gained from the program and hearing other participant's stories were positively attributed to helping her progress. Also, understanding more about the importance of good protein intake and that eating too little did not always help her efforts.

She continues to try to increase her level of activity to see further improvement. The biggest change vocalized by this individual was in understanding that under-eating, particularly protein was not supporting her efforts. With a heavy personal schedule of taking care of her parents is now focusing more on meals that include adequate protein for them as well as herself. Additionally, getting more movement breaks in her workday.

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Male, Age 57

From pre-diabetic to now normal range blood sugar. HbA1c from 5.9 to 5.6. Triglycerides 101 to 99. HDL Cholesterol rose from 59 to 61. Fasting Insulin dropped from 11 to 6.8.

Ten years ago, this individual had a health incident which was a “wake-up call” and has paid more attention to his health since then. The employee wellness program helped support his desire to gain more knowledge. Expressed how the program really has helped him “advocate for myself” especially with various medical providers.

He talked about the positive effects of the ongoing education and support for how to make subtle changes for health enhancement. Had been doing some things on his own for a time but the additional information and resources allowed to get greater strides. Particularly for him in the realm of meals vs. snacks, resistance training benefits and daily movement.

Additionally, he expressed the power of understanding your “Why” in wanting to be healthy. His son is a big motivator and now also interested in being fit and strong. One of the key starting points in a well formulated employee wellness program is tapping into why one wants to be healthy with a performance mindset, looking to the future.

Additional Support Tools

Online resources and printed specialized documents such as the coach’s shopping lists, nutritional information on role of macronutrients, hidden sugars in certain foods along with our proprietary Metabolic Health Scorecard were cited as tools that provided guidance and support in understanding simple practices to incorporate.

Individuals had the opportunity to participate in the company focused “How to Quit” group. This initiative supported employees wanting to commit to letting go of a habit. They could choose the habit, be it smoking, vaping, fast-food, sugar and for one individual gaming on her phone. The open and non-judgmental group support, led by coaches, assisted several in their journey to positive change.

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Next Steps

Employee wellness efforts that build a foundation of understanding the tools needed for good metabolic health is an evolving process that must mesh with the company business operational changes. One must work with the flux in workforce, individuals joining the company and those moving on. Individuals have varying personal pressures such as caring for children or elder relatives, community and church obligations and within this company certain individuals due to finances must hold down two jobs. Then, there is the constant unexpected life interruptions such as a loved one when getting ill or even death in the family that no one can predict.

The good news is when a company invests long-term in a companywide program, individuals have the ability to change at their own progress in a safe environment. Having onsite experiences, group coaching efforts and individual time to review their labs builds commitment and trust that every individual is supported in their journey. Each one of these individuals that demonstrated progress will spark another one and then the wheels of health are in motion. It is much easier to be healthy when those around you have prioritized with success their health.



The OVADIA[®] OVADIA HEART HEALTH Difference

OHH EMPLOYEE WELLNESS	STANDARD PROGRAMS
Metabolic Health Enhancement	Disease Management Focused
Heart Surgeon Oversight	HR or Insurance Co. Oversight
Individual Education and Empowerment	Instructive One Size Fits All
Experienced Metabolic Coaches	Insurance Trained Coaches
Combine Onsite and Virtual Program	Virtual Self-instructed Programs
Private Medical Practice Success	Minimal Long-term Results
Utilize Current Research and Tools	Standard Medical and USDA Advice
Results Focused	Participation Focused



OUR TEAM



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Krisna Hanks

Director of Employee Wellness

Ms. Hanks holds a MS in Kinesiology from Indiana University and an MBA from the University of San Francisco. She is a certified Metabolic Health Practitioner, Nutrition Network Coach Practitioner™ with decades of experience as a worksite wellness consultant and executive coach. Currently Krisna is Director of Employee Wellness and Metabolic Health Coach with Dr. Philip Ovadia and the I Fix Hearts Team. Her background combines years as a professional dancer in Europe and USA, certified worksite wellness advisor, Diabetes Prevention Specialist, Senior Fitness and certified Classical Pilates instructor.

Dr. Philip Ovadia

Board-certified Cardiac Surgeon and founder of Ovadia Heart Health

Our mission is to optimize the public's metabolic health and help people like you stay off my operating table. As a heart surgeon who used to be morbidly obese, I have seen firsthand the failures of mainstream diets and medicine. I realized that what helped me lose over 100 pounds was the same solution that could have prevented thousands of open heart surgeries I've performed – metabolic health. Through Ovadia Heart Health, I teach individuals and organizations my complete metabolic health system to prevent and reverse disease, avoid early death, and live well for life.



Next Steps: Your heart's health is too important to leave in the hands of someone who doesn't fully support your wellness journey.

CONTACT US



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