KEEPING STAFF INFORMED AND CURRENT

NOVEMBER 2017

Peer-to-Peer

From Concept to Completion, Kiki Cason Helps Food and Pool Operators Succeed

Little did **Kiki Cason** know that her childhood growing up in the restaurant world at her family-owned "D.J. Coffee Shop" in San Bernardino would later lead to a career helping people build food businesses and assisting more than 15,000 Orange County food facility owners and operators with their plan check processes.

As Supervising Environmental Health Specialist in the Health Care Agency's Environmental Health Plan Check Program, Kiki oversees a team who is responsible for reviewing and processing food facility and public pool construction plans, verifying compliance with State codes and County regulations, and providing guidance and education to food and pool operators.

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View from the Emergency Operations Center located at Loma Ridge.

When the Canyon Fire 2 began burning near Gypsum Canyon and Anaheim Hills with gusts of Santa Ana winds swiftly pushing it toward the cities of Tustin and Orange, our employees answered the call the morning of October 9 (a County holiday) to do exactly what they're trained to do.

Thank you to our HCA staff who heeded the call to action and deployed to the Emergency Operations Center (EOC), Emergency Medical Services Department Operations Center (EMS DOC), Local Assistance Center (LAC) and the shelters at Katella and El Modena High Schools in support of the firefighters, paramedics, law enforcement and residents impacted by the fire (some of whom are our colleagues here at HCA and faced mandatory evacuations from their homes).

A Better Future for Our Community

Giving to United Way through your workplace campaign provides valuable support for people in need across Orange County. As an employee, you're invited to join the County's 2017-18 campaign by donating through convenient bi-weekly payroll deductions. Click here to set-up your eWay pledge. Paper pledges are also available by contacting HCA's United Way Coordinator Lisa Alford. Donations may be designated to any 501(c)(3) charity of your choice.

For HCA employees who already support United Way through payroll pledging, thank you for your continued support. New pledges and roll-over pledges will begin January 2018. To learn more about the charities supported by the Orange County United Way, visit www.unitedwayoc.org.



Director's Message

continued from page 1

Jeremy Harris

Thank you to the following HCA staffers who filled a position, worked additional hours and/or provided support:

Patricia Orme Glenda Aguilar Lorena Hermogeno Tina Aguilar Sarah Kang Nelda Owens Alicia Ayala Merideth Mebane Laurant Repass Kristin Boone Michelle Menke Nicole Reyes Darwin Cheng Tammi McConnell Janice Richardson Marc Meulman Mike Chiles Adrian Rodriguez Meng Chung Mike Mullard **Andrew Roberts Curt Condon** Maria Nava Patricia Rozen Mike Delaby Mahdere Negash Kelly Sabet **Drew Downing** Bao Nguyen Steven Sharp Naveeda Habibi Dieu (Thuy) Nguyen Tiffany Tran Dr. Eric Handler Stephen Noriega

I'd also like to extend my appreciation to all others who were standing by to cover additional hours if asked.

Judy Ogan

In the wake of this fire and others in northern California, recent hurricanes and earthquakes, the timing is right to take action on our own preparedness. Not only are we County employees, we're also Disaster Service Workers (as identified on the back of our ID badges) and being able to do our jobs well during a major disaster means that our families, pets, and relatives must be prepared to be on their own for a minimum of 72 hours, maybe longer. We won't always have advance warning of an emergency situation, so please take action now to be prepared.

Visit <u>ReadyOC</u> to learn how to make an emergency plan and kit. Another excellent resource is AlertHCA, an emergency mass notification system used by HCA to send messages or alerts to employees and subgroups within minutes via phone, email and text. Contact **Mike Chiles**, Emergency Medical Services Communications Coordinator at (714) 560-6103 or via email at <u>mchiles@ochca.com</u> for details or read the AlertHCA article on page 6.

Sincerely,

Richard Sanchery

Richard Sanchez, Director

THINGS YOU NEED TO KNOW ABOUT



International Walk to School Day is an annual event celebrated on the first Wednesday every October involving communities from more than 40 countries across the globe where participants walk and bike to school on the same day.

Over time, this one-day event has evolved to be-

come part of a year-round movement to promote safe routes to school, reinforce kids' traffic safety skills and encourage physical activity. The real focus is neighborhood to neighborhood where students, parents, city lead-

ers and school officials take to the streets to help build momentum. View this video to learn more.

On October 5, 425 students at Freemont Elementary School in Santa Ana hit the pavement and paraded down 10th St. to kick-start healthy habits led by Santa Ana High School's Mariachi band, Santa Ana Unified School District staff, Freemont administration and City of Santa Ana Traffic Engineers dressed as

the "Cone Guys." Freemont was one of 125 schools in Orange County that joined the Walk to School Day movement. Read the OC Register article here.

This year, our Public Health Services Health Promotion Division distributed more than 100 informative toolkits to help schools implement

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activities on campus and encouraged participants to wear the color pink during their celebrations to spread awareness about breast cancer and show support. In recognition of their great work, Congressman Lou Correa presented staff with a certificate at a

Freemont Elementary Walk to School Day assembly.

Along with Walk to School Day, Health Promotion also supports the Walking School Bus program, check out this video here to promote the simple joy of walking to school while also building support for improving safer walking routes. To learn more, visit the Health Promotion Walk-ing School Bus website.

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FOOD BRINGS EVERYONE

continues to strengthen an ongoing dialogue between the County of Orange and our business community with the shared goal of protecting the health and wellbeing of dining patrons."

Jenafer Forester, Registered Environmental Health Specialist, helped attendees understand the inspection process, explained how they could achieve an Award of Excellence to proudly display at their facilities, and provided valuable resources and tools like the Retail Food Inspection Guide that's all available on www.ocfoodinfo.com.

With the holiday season upon us, the seminar proved to be an opportune time to also discuss recent changes to the <u>California Retail Food Code</u> (Cal Code) that now includes labeling and storage requirements for <u>Vietnamese Rice Cake</u>, a traditional food served during the Lunar New Year

also known as TET. Many were also unaware of the Federal Bill Emerson Good Samaritan Food Donation Act that protects food operators against liability if they choose to donate their leftover food to local pantries to feed those in need.

The simple act of donating wholesome surplus food to end hunger is essential in Orange County where more than 300,000 residents including (one in five children) experience food insecurity. This is the goal of the Waste Not OC Coalition (WNOC) who was formally recognized in the Congressional Record by Congressman Lou Correa for the notable contributions and resources they provide to the community. Read the full Congressional Record here.

"The honor brings attention to the fact that food insecurity is a serious public health issue and can adversely affect the mental and physical development of children," said **Dr. Eric**

he saying that "nothing brings people together like good food" was brought to life when 300 food facility and restaurant operators came to "the table" at the Garden Grove Community Center on October 5 at a one-of-a-kind Food Safety Seminar to learn how to safely serve the public.

In collaboration with Chairwoman

Michelle Steel and Vice Chair

Andrew Do of the Orange County

Board of Supervisors, the Health

Care Agency's Environmental

Health (EH) Food Safety Program

demonstrated how Health Inspectors
and food operators could partner
together to achieve a successful food
service business.

"I'm excited to help bring Orange County restaurant owners and managers together with representatives from HCA's Environmental Health division to participate in this first-of-its-kind educational event," said Chairwoman Steel, 2nd District. "This unique, in-person approach



Food Safety Seminar organizers and collaborators all gather for a group photo.



Congressional Record

House of Representatives

Handler, County Health Officer.

Celebrating their 5-year anniversary this month, WNOC's innovative model for food recovery is a simple one: reduce food waste destined for landfills through the donation of wholesome surplus

food from local restaurants, grocers and other food-producing facilities to local pantries for redistribution and identify those in need. So far this year, WNOC and its partners have recovered 7.5 million pounds of food and transformed it into 6.3 million meals.

The holidays can be a difficult time for those who may not know where their next meal is coming from. If you know someone who's in need, there are more than 200 food pantries throughout Orange County that can help. To find one nearby, visit the WNOC website at www.wastenotoc.org.

If you're interested in donating to your local pantry or planning a holiday food drive, view the following tips featured in the EH Food Safety program's Food for Thought winter 2017 newsletter:

Do the following when donating

- Ask first before donating perishable foods to ensure they can be immediately served/distributed or if refrigeration is available for food storage.
- materials in various languages. 3. Close to 300 food facility Check to see if they will accept and restaurant operators attended the Oct. 5 Food Safety Seminar to learn how to safely serve the public. foods past the sell-by-date. Nonperishable foods past the sell-by-date or expiration date are fine to donate.
- Ask if the food bank or organization will accept food in glass containers.

Don't donate foods or accept donations if:

- Cans of food are swollen, bulging or leaking.
- Baby food or baby formula past its expiration date. Formula should not be donated because the nutritional value decreases over time.
- Food packaging has been compromised and evidence of holes from insects or rodents exist. . . . continued on page 7

an informational table filled with food safety handouts and



What is AlertHCA?

AlertHCA is an alerting software used by the OC Health Care Agency to notify employees about emergencies or significant events that can affect their safety or work environment.

Why did I get a registration email?

You received an email because you have not yet registered your information in AlertHCA.

Do I have to register my personal information?

No. However, the more ways you can receive an alert, the faster you will get the message. All employee work emails are already in the system. Entering additional contact phone numbers or email addresses will allow you to receive alerts and messages on your personal devices (email, cell phone, home phone, etc.).

Is my personal information protected?

Yes. It is protected through Information Technology security rules and Everbridge, the emergency mass notification software company that generates AlertHCA.

If I registered for AlertOC, do I still have to register for AlertHCA?

Yes. AlertHCA is agency specific and will only go to those employees who are affected by the alert. AlertOC sends

alerts based on where you live and where you work if you registered that information.

How do I update my information if I have already registered?

Click this link: AlertHCA

Why does the registration email and registration website both indicate AlertOC?

This is because AlertHCA is a subgroup of AlertOC. We are currently working with Everbridge to gain primary access so that it can be re-branded to AlertHCA.

Will service areas within HCA have the ability to send out emergency notifications?

Yes. Designated service area representatives will be offered a 90-minute training on how to create and send emergency messages that are unique to their service areas.

How can I find out if I am already registered?

Contact **Mike Chiles**, Emergency Medical Services Communications Coordinator at 714-560-6103 or via email at mchiles@ochca.com to check your status. If you have not registered yet, Mike can email you a unique URL web link to access the AlertHCA portal.

Food Brings Everyone Together continued from page 4

Along with donating food safely, be sure that it's also part of your holiday meal planning. Food safety starts from your purchase, through proper preparation steps, to the cooking and serving of turkey and other traditional dishes. Check out a few tips from our Food Safety program or view the flyer here.



WHEN SHOPPING

Buy your turkey preferably 1-2 days before your cook it.

Avoid buying fresh, stuffed turkeys.

STORING THE TURKEY

Store the turkey in the freezer if you bought it early in the month.

Keep turkey in the refrigerator if cooking within 24-48 hours.

THAWING FROZEN TURKEY SAFELY

Wash your hands with soap and water before handling the turkey or any other food.

3 ways to defrost a frozen turkey safely:

- Defrost in refrigerator (40°F) approximately 24 hours for every 4-5 pounds of turkey.
- Submerge in its original pack-

aging in a pan of cold water deep enough to cover the turkey. Change water every 30 minutes and allow 30 minutes for every pound. Cook turkey immediately.

Thaw in a microwave oven;
 cook turkey immediately.

PREPARING FOOD SAFELY

Use separate cutting or chopping boards for meats and fruits/vegetables. Avoid putting cooked food on cutting boards that have touched raw food.

Keep raw food away from vegetables and side dishes that will not be cooked.

COOKING FOOD SAFELY

Stuffing the turkey is not recommended. Cook the stuffing separate.

Use a food thermometer. You can't tell if the turkey is cooked simply by looking.

Check to make sure every part of the turkey reaches a minimum internal temperature of 165°F, even if your turkey has a pop-up temperature indicator. Check the innermost part of the thigh and wing, and the thickest part of the breast.

SERVING FOOD SAFELY

Keep cold foods cold and hot foods hot. Return foods to proper storage temperatures within 2 hours to prevent possible rapid bacterial growth.

Keep pumpkin pie and any cold dessert in the refrigerator at 40°.



From Concept to Completion, Kiki Cason Helps Food and Pool Operators Succeed continued from page 3

"Everything about my upbringing was exactly like the movie 'My Big Fat Greek Wedding,' from having a Greek-born father to working in a family restaurant with my three sisters and going to Greek school. We truly lived the big, loud, and loving family life," Kiki proudly stated. "Many of our clients are people trying to build a business and a life for their families. I see my father in these restaurant owners and I want to help them be successful."

Kiki's team is also in charge of helping pool builders create a safe and secure pool for the public's use at hotels and community locations by reviewing their pool plans to ensure that sanitizing and filtering is properly designed, gates and fences are secure and safe, rescue equipment is available and signage is clearly marked.

"Kiki's hardworking character, technical knowledge, team approach and dedication to guiding new operators and construction teams through the plan submittal process with the ultimate goal of developing a successful business is truly an asset," said **Liza Frias**, Environmental Health Director.
"She understands the extraordinary nature of this program with its high demands and is the ideal epitome of a Plan Checker."



When she began her role, Kiki quickly realized that applicants perceived the process and the team as full of government red tape. She decided that she wanted to change that perception by creating an environment where her team aspires to being helpful and responsive to all applications. The plan check team now receives regular compliments about their spirit of cooperation and expediency from applicants.

Kiki was nominated by her colleagues and selected as October's Peer-to-Peer award winner.

Congratulations, Kiki!



Inside the room where all food facility and public pool construction plans are meticulously stored, labeled and organized. Pictured (top to bottom): Joyce Lim, Christina Buranday, Candy Schmitt, Annice Guadan, Kiki Cason and Dawn Unemoto.

Compliance Launches New Quarterly "Hero" Recognition

Compliance is everyone's business and is the motto that drives the Office of Compliance's new "Compliance Hero" program that recognizes Health Care Agency staff for their exceptional efforts to ensure the agency's compliance with all Federal and State regulatory requirements that govern our professional activities.

"Compliance requires that we act ethically and follow various rules and regulations that affect our daily business. Much of this can sound daunting or restrictive, but many of us do this effortlessly, day in and day out," said **Chi Rajalingam**,

Chief Compliance Officer. "The Compliance Hero program is just one way for us to highlight the diligence and care by which our staff perform their jobs, all the while keeping compliance in mind. We hope to show that every day actions can, and do make you a hero."

This quarter's Compliance Hero and inaugural recipient is **Nancy Roman**, Office Specialist with Behavioral Health Services Children, Youth and Prevention Behavioral Health Services.

Nancy took the initiative to ask a



Pictured (left to right): Nancy Roman and Chi Rajalingam, Chief Compliance Officer.

question about a situation that just didn't seem right to her. She attempted to make arrangements for the pick-up of 21 boxes of client records, which included Protected Health Information (PHI) to be transported to the Records Retention Center and was informed that the Social Services Agency (SSA) would pick these up. Aware that our clients' records are PHI and only certain people have access to this information, Nancy put this request on hold and immediately contacted the Office of Compliance

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O-EMRAM

HCA Achieves Near Paperless Health Record Designation

The OC Health Care Agency reached the seventh level (stage 6) of 8 (0-7) successive stages in the use of electronic health records (EHR), regulated by the Health Information and Management Systems Society (HIMSS) Electronic Medical Record Adoption Model (EMRAM), and is among only 21% of a select few outpatient organizations in the United States to achieve this level of certification.

This level of designation generally indicates that health records at nearly all of our outpatient facilities are almost fully automated/paperless and our advanced Information Technology processes have either begun to evaluate its data for care delivery process improvements or have already documented significant improvements in this area.

This certification was made possible through the diligent efforts of **Kindra Dimitriadis**, EHR Manager, in collaboration with key Behavioral Health Services (BHS) and Public Health Services (PHS) clinical and administrative staff who provided HIMSS with

the necessary supporting data and evidence to reach this level.

"This recognition provides assurance that HCA is using health information technology consistent with industry standards in a meaningful way to provide high levels of patient safety, coordinated and quality care, and better documentation overall" said Adil Siddiqui, Chief Information Officer. "This is a significant and difficult accomplishment. Without Kindra's determination in working against the odds and the collaborative efforts of BHS and PHS staff, none of this would have been possible."

tronic prescriptions, ability to share data with other organizations, laboratory orders, etc. that were achieved over the past 3 to 4 years as part of our phased EHR implementation.

HCA IT hopes to apply for final stage 7 certification which includes analytics and business intelligence that will be implemented over the next two years. This will further improve access to and use of meaningful data and assist in improved decision-making. To learn more about the Electronic Medical Record Adoption Model, visit www.himssanalytics.org/emram.

The prior stages leading up to stage

6 include many typical EHR capabilities such as clinical documentation with builtin alerts, voice recognition for note dictations, allowing for scanning documents directly onto client charts, elec-



Compliance Launches New Quarterly "Hero" Recognition Program

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to ensure that it was acceptable for another agency to pick-up our records.

Her simple question prompted Compliance to look into the record transportation process between County agencies and in the end, identified that the Memoranda of Understanding that existed for the transportation of records between County agencies needed to be updated to reflect current processes and safeguards.

If you happen to see someone who you feel would be a great Compliance Hero, contact the Office of Compliance, who will also select heroes based on those they see working with compliance in mind. For questions about any compliance or privacy related issues, contact:

Call:

714-568-5614

Email:

OfficeOfCompliance@ochca.com

Anonymous Reporting Via Hotline:

1-866-260-5636

Anonymous Reporting online:

www.ochealthinfo.com/about/admin/compliance



A new Early Development Index (EDI) featured on the Children and Family Commission of Orange County's website gives visitors a populationbased snapshot of how our kids are developing and ready for school to help uncover pockets of need and quantify success of policies and programs in Orange County.

Data featured in the EDI is a measure of early childhood development and school readiness based on five key domains that include physical health, social competence, emotional maturity, language and cognitive skills, and communication skills and general knowledge. These components help policy makers, nonprofit groups, educators and child advocates ensure that necessary support reaches all children.

Along with resourceful data, the EDI also features regional maps that depict kindergarten readiness, information on how kids are surveyed, a parents' handbook and more! The Children and Families Commission of Orange County is a leader in responding to children's needs and supporting programs and policy best practices for children's health and development. To learn more, visit http://occhildrenandfamilies.com/.

HCA Portal Now Live at Almost All Behavioral Health Services Clinics

After a successful pilot launch at the Aliso Viejo clinic in June, the "HCA Portal" is now available at all Behavioral Health Services (BHS) clinic locations currently using the full Electronic Health Record (EHR).

The HCA Portal is an EHR right in the palm of your hand via mobile device (using a free app on iTunes or Google Play called "HealthLife") or easily accessed on a computer. Clients have secure access 24/7 to view personal health information. visit summaries, request routine appointments, exchange secure non-urgent messages with their clinic and providers and access helpful resources and tools like the OC Links information and referral line.

Since July, more than 700 email invitations have been sent to clients to join the portal, while 78 of them or their proxies have already signed up to use the system with the numbers of enrollees growing each week.

Since launching at most BHS clinics, staff hope to gain a better understanding of how clients use the portal to help them determine what additional features to add and better address concerns or needs to make the portal a useful tool for our client's overall healthcare.

HCA PORTAL

Be Informed – Get Connected – Stay Involved



Available on a secure website 24/7 on your computer, tablet or smartphone

Sign Up Today with Your Plan Coordinator!

The HCA Portal offers another useful way for our clients to take charge of and feel directly involved in their healthcare. Clients can safely connect with their health information at their convenience anytime and anywhere.

> Dr. Scott Huffman, **BHS Associate Medical Director**



Remembering STEVE AMBRIZ

When he joined HCA in 2003, Steve brought to his work the same love of life, energetic spirit and dedication to helping others that characterized his other professional endeavors. He was an avid car seat safety advocate, a CPR instructor, compassionate about Emergency Medical Services Week and its celebrations at Angel's Stadium, and a Labor Management Committee (LMC) member committed to developing workplace solutions and efficiency.

To continue his legacy and recognize the qualities of effective communication, accountability, enthusiasm, creativity and collaboration that he embodied and lived daily, HCA and the Orange County Employees Association (OCEA) LMC renamed its annual award in June 2006 to the "Steve Ambriz Team Excellence Award" and created a perpetual plaque stamped with this very photo.

The award is celebrated yearly in November to recognize teams within HCA that exemplify these same characteristics. Please join us on Wednesday, November 8 from 2 to 4 p.m. at the Hall of Administration Board Hearing Room to recognize this year's winners. To learn more, visit the LMC intranet page or click here for details on becoming an LMC committee member.

n May 25, 2006, a tragic motor vehicle accident on Santiago Canyon Rd. took the life of **Steve Ambriz**, a dedicated public servant who was passionate about volunteerism and child safety. Read the OC Register article here.

Giving, enthusiastic and charismatic are just a few of the words used to describe Steve by folks who worked with him during his career as a City of Orange Council Member, Chief of Staff for Supervisor Todd Spitzer and Manager of the OC Health Care Agency's Planning Unit in the (former) Office of Quality Management.



Holiday Eating Do's and Don'ts

Now that the holidays are here, it's a time to enjoy friends, family and good food. Contrary to the popular belief, you can have all three while also keeping your health goals! Mindful eating in moderation and following these do's and don'ts will help you stay on track this holiday season.

DO:

Drink water before, during and after meals: Skipping drinks with sugar and drinking water can help control calories, strengthen muscles, and help to avoid overeating. Get creative with your water by adding in fresh lemons and cucumbers or strawberries and pineapples for a tropical taste.

Add fruits and vegetables to your plate: When preparing your plate, make it a rainbow! Colorful fruits and vegetables offer many health benefits and can help promote healthy bones and boost your immune system. Try eating a salad before your main course or having fresh fruit for dessert.

❖ Eat at a slower pace: Doing this allows for your food digest and helps your stomach recognize when it's full. Eating slower will also help you not overeat.

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Pumpkin Polenta

Yes folks, it's true, pumpkins really are a fruit! This fleshy plant that comes from a flower and has seeds is packed with tons of essential vitamins, antioxidants and dietary fiber that's good for your health. Consider incorporating this Fall favorite in your holiday recipes or start a new tradition by creating something new!

This pumpkin polenta recipe is great for breakfast and lunch or served as a side for dinner. For more budget friendly recipes, visit www.eatfresh.org.



INGREDIENTS:

- 2 cups milk
- 1 cup canned pumpkin
- 1/2 tsp. cinnamon
- 1/8 tsp. salt
- 1/2 cup polenta
- 1 tbsp. unsalted butter (optional)
- 1 tbsp. maple syrup or honey (optional)

DIRECTIONS:

- Combine milk, pumpkin, cinnamon and salt in a medium saucepan, and bring to a boil over medium heat.
- Slowly pour in polenta and whisk to combine. Be careful as hot polenta may bubble and pop out of the pan.
- Reduce heat and simmer for 20 minutes, whisking occasionally until thick. Add more liquid if necessary while cooking.
- Remove from heat and stir in butter and syrup or honey, if desired.

WHAT'S NEW?

You voted and we're happy to announce that the winning title for our new healthy living section is... Zest for Health! We hope you'll enjoy this new section designed to feature healthy living topics, resources recipes and tips for staff. Thank you to all who voted!

Zest for Health

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DON'T:

- Skip breakfast or save your appetite: Breakfast is the most important meal and skipping it will only increase the amount you eat later. Light options like oatmeal or fresh fruit will give you the energy and nutrients you need to hold you over until your holiday meal.
- Be afraid to bring a dish that's healthy and delicious: Start a new holiday tradition by bringing a healthy dish to your family get-togethers that's both nutritious and delicious.
- Overload your plate: While ev-

- erything may look delicious, try sampling small portions of your favorite items first. If you really like a certain food and still have an appetite, add a little more to your plate. Check out this proper serving size guide to help you recognize correct portion sizes using your hand.
- Forget to enjoy yourself: The holidays are perfect to spend quality time with your family and friends. Don't forget to enjoy yourself and make the best of your day!

Search and Download Images from

Need a photo or image to add to your PowerPoint presentation or flyer? Look no further! Check out our searchable "Stock Images" shared folder that's accessible to all OC Health Care Agency staff by mapping the following network drive to your computer: \\ochca\hcashares\StockImages.

Because all images have already been purchased by or were taken by HCA Communications staff, all employees have rights to view and save any photos or images directly to your own computer. Watch this IT Self Help video to learn how to map a drive or contact the HCA Service Desk for additional assistance.

For tips and guidelines on how to select and use photos and graphics in your materials, click here or contact the HCA Communications team at (714) 834-2178 or HCAComm@ochca.com.



