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HEALTH CARE INC. NORTHWEST

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Be honest and eat more kale

THOSE ARE AMONG THE NEW YEAR'S RESOLUTIONS OF SOME OF PORTLAND'S HEALTH CARE LEADERS.

With New Year's Day 2015 looming, it's time to think about those resolutions for the coming year.

I still haven't quite formulated my own resolutions, which I never set in stone. For inspiration, I queried a few health care pros about their resolutions for 2015.

Before we get to those, I had to share one that made me chuckle. It was offered in jest by Jennifer Fox, executive director of the Oregon Translational Research & Development Institute. She said her husband, Tyson Korywo, has a brilliant business idea: "We should start a business called 'Resolutions.' From January through March, 'Resolutions' is a typical

gym and workout center, and then sometime around April it converts to a bar/restaurant. That would probably be the most successful startup idea yet!"

Agreed.

Here's a look at the real resolution from Fox and others in the health care community.



"To spend more time cooking at home, laughing with friends, try to curb my dress-buying addiction, and finally take time off for a honeymoon."

JENNIFER FOX, executive director, OTRADI



"That I will successfully complete my second term as chair of AHIP and NOT be elected to a third term! That I will travel a little less, sing and play guitar a little more, and find more time to spend with my wife and family."

MARK GANZ, CEO of Cambia Health Solutions and chair of America's Health Insurance Plans



"Eat more kale and train to be able to do 100 push-ups without stopping!"

DR. JAMES BECKERMAN, cardiologist and medical director of the Center for Prevention and Wellness with Providence Heart and Vascular Institute



"Read more books. I am still working my way through the 100-best novels of the 20th Century, alternating with current popular fiction. Next up is E.M. Forster's 'Howard's End.' It's good for my brain to occasionally escape the pressing priorities of work."

JANET MEYER, CEO of Health Share of Oregon



"To do the things I enjoy and embrace my creative side, like cooking, gardening, brushing up on my French, and picking up that knitting project I never finished. Having the time to focus on other pursuits helps me maintain perspective."

LAURA CALI, Oregon Insurance Commissioner



"Tell the truth about totally everything; keep all agreements, micro, macro and in between; take 100 percent responsibility for my whole being; (eat) protein for breakfast everyday; erase all arguments from my heart at sundown every night; covet my health early and often."

DAVID J. SCHLEICH, president of the National College of Natural Medicine

▶ THE NUMBERS



59

The number of hospitals in Oregon.

57

The number that are connected to the Emergency Department Information Exchange, a new online tool that connects ERs and helps emergency physicians curb drug seeking — the act of trolling ERs while faking pain symptoms just to get painkillers. ER doctors receive an alert if someone shows up demanding painkillers, and they've been doing the same at multiple other ERs within a certain time frame.