

October 2026



JOHN MUIR HEALTH

News & Resources



Message from the Director

Welcome to Open Enrollment Season

Open Enrollment is here, making it the perfect time to review your health benefits and consider whether any changes are right for you and your family. We know navigating healthcare options can sometimes feel overwhelming, but we're here to help.

For our employer partners, if you're planning a health or benefits fair this season, we'd be happy to participate. Our team can support your employees by helping them find a primary care physician who is accepting new patients, providing education on when and where to seek care, such as choosing between urgent care and the emergency

room, and answering general questions about John Muir Health services and resources.

If you have questions or would like to schedule our participation at an upcoming event, please contact **Marievita Lowe** at marievita.lowe@johnmuirhealth.com.

Thank you for partnering with us to support the health and well-being of your employees and our community.

Stay healthy,

Sharon Quesada Jenkins

Director, Government Affairs and External Relations

John Muir Health



We are here to support you during open enrollment.

What we offer:

- Our representatives can attend your **health or benefits fairs**, creating a fun and engaging experience with your employees while promoting John Muir Health.
- We can **distribute giveaways** and help engage employees by encouraging conversations about accessing John Muir Health.
- Our team can **help find primary care physicians that are accepting new patients**.
- **We can answer questions** regarding services we offer including finding the nearest John Muir Health urgent care location.

For meeting requests or questions, please contact Marievita Lowe.:

Email: marievita.lowe@johnmuirhealth.com

John Muir Health - Did you Know?

Learn more about how John Muir Health serves the community:

John Muir Health 2026

A locally governed, independent, community-based health system dedicated to improving the health of the communities we serve with quality and compassion. As a not-for-profit, we reinvest 100% back into caring for the community.

Physician practices throughout Contra Costa County as well as other cities and counties

Hospitals

- Concord Medical Center
- Walnut Creek Medical Center
- Acute Psychiatric Hospital in Concord
- San Ramon Regional Medical Center, a John Muir Health partner

975
Licensed hospital beds
(medical and psychiatric)

Outpatient Centers

- with Specialists, Lab and Imaging
- Berkeley (in partnership with UCSF Health)
- Brentwood
- Concord
- Pleasanton
- San Ramon
- Walnut Creek

Urgent Care Centers

- OPEN 7 days per week
- Berkeley
- Brentwood
- Concord
- San Ramon
- Walnut Creek

Comprehensive Clinical Care, including:

- **Cancer Care:** UCSF – John Muir Health Jean and Ken Hoffmann Cancer Center at the Behring Pavilion, includes multi-disciplinary clinics for full-spectrum care
- **Cardiac Care:** Concord Medical Center Ranked #1 in California and #8 in U.S. for Heart Bypass Surgery Outcomes
- **Neurosciences:** Comprehensive Stroke Center (Walnut Creek) and Primary Stroke Center (Concord)
- **Trauma / Acute Care Surgery:** The county's only Trauma Center (Level II)
- **Women's Services:** Perinatal care, labor & delivery (including high-risk)
- **Children's Services (Partnership with Stanford Medicine Children's Health):** Level III NICU, pediatric subspecialty care

Nationally Recognized for EXCELLENCE in Healthcare

- **Hospitals:** Best Regional Hospitals, Top 10% nationally, #2 and #3 in SF Metro Area, Top 15 in California (US News & World Report); Best Hospitals (Newsweek)
- **Physicians:** Standards of Excellence "Elite" Status for over a decade (America's Physician Groups)
- **Nurses:** Nursing Excellence – Magnet® Recognition
- **Specialty Care:** Nationally Ranked Specialties (US News & World Report, Healthgrades); Centers of Excellence – Robotic Surgery, Knee/Hip Replacement, Spine Surgery, Cardiac Care
- **Maternity Care:** Best Maternity Hospital (Newsweek); Designated Baby-Friendly® birth facility (Baby Friendly USA)

Visit johnmuirhealth.com for more information

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The People We Serve

Our Patients

Number of patients, 2025: **343,000**



We Care For:

Medicare: **93,000**
Medi-Cal: **57,000**

Our Physicians

Number of affiliated physicians: **1,200**

Family Medicine Residency Program
training future physicians since 2017.

Looking for a new
John Muir Health Physician?

johnmuirhealth.com/findadoctor.html

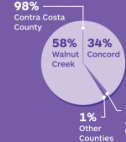
Our Employees

2026 – John Muir Health Named One of America's Greatest Workplaces in Health Care by Newsweek

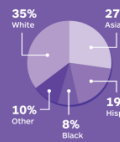
Our diverse workforce of over **6,806** employees:

Percentage of Employees:

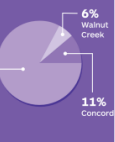
WORKING IN:



BY ETHNICITY / RACE



RESIDING IN:



Benefits & Retirement

Medical (dental, vision and voluntary benefits), retirement benefits including a pension plan, and more.



Improving Community Health

We address top community needs by partnering with nonprofit organizations to provide medical and mental health services for uninsured and Medi-Cal patients, healthcare workforce training and other community services.

2025 Community Benefit Contributions: \$207 Million

Including \$177M in unpaid costs of Medi-Cal

JOHN MUIR HEALTH

Visit johnmuirhealth.com for more information



NOTE: Data is based on 2025 statistics
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Oncology- Breast Cancer Awareness Webinar

Breast Cancer Awareness

Topic: Breast Cancer Basics - What You Need to Know

Speaker: Shellie Campos
MSN, RN, FNP-BC, AGN-BC
Nurse Practitioner/Advanced Genetics Nurse
Oncology and Specialty Services



Date: Tuesday, October 27, 2026
Time: 12:30 – 1:00 PM

Join Shellie Campos as she provides information on what breast cancer is, its common signs and symptoms, risk factors, screening methods, and treatment options.

Register for the webinar [here](#) or go to johnmuirhealth.com (click on education, then webinars)

Webinars are open to the public



Meet Shellie Campos, MSN, RN, FNP-BC, AGN-BC

Shellie Campos is a Nurse Practitioner in the Cancer Institute at John Muir Health. She received her Master of Science in Nursing/Family Nurse Practitioner training at Vanderbilt University. She is certified as an Advanced Genetics Nurse and a Family Nurse Practitioner. She has had the opportunity to work in a variety of clinical settings including oncology, rural and inner-city community clinics, behavioral health, obstetrics and gynecology. She provides nurse navigation and nurse practitioner services to patients in the High Risk Cancer Program through increased surveillance, education, exams, risk assessments, and genetic testing for high risk patients. She manages the Every Woman Counts and John Muir Health's Specialty Care Programs while providing nurse navigation to cancer patients.



Cardiology

A new milestone in vascular surgery has been reached at John Muir Health!

John Muir Health is **proud to offer advanced intravascular lithotripsy (IVL), and recently introduced a new type of IVL device.** Vascular surgeon, Dr. Niren Angle, was among the first physicians in the region to use the new device.



Calcium can build up inside the arteries over time, making them hard and narrow. This can reduce blood flow and make it more difficult to treat blocked arteries with procedures like angioplasty or stent placement.

IVL uses gentle acoustic pressure waves to break up hardened calcium from inside the arteries. This helps restore blood vessel function and makes other procedures more effective.

Offering advanced treatments like IVL to our community is part of our commitment to providing leading-edge vascular surgery close to home.

Discover more about Heart and Vascular Surgery at John Muir Health [here](#)

Primary Care



New Patient Match Program

Finding a primary care doctor has never been easier with our New Patient Match Program. This service helps you find a primary care doctor who's just right for you.

Our New Patient Match Coordinators will work with you to determine what you are looking for in a new doctor and will recommend options that fit your needs. They can even book your first appointment! They will help you find...

- Adult Primary Care (Family Medicine, Internal Medicine)
- Pediatric Primary Care (Pediatricians, Family Medicine)

So simply pick up the phone and call!

New Patient Match Program

(925) 988-7550

Mon-Fri (closed Holidays)

8am - 4pm

Alternatively, you can explore the Find a Doctor tool [here on our website](#).

Behavioral Health

Patient and Family Resources

Skills Handbook: Your Path to Resiliency & Recovery



Last year, our John Muir Health Behavioral Health Care Team created a **skills handbook**. We invite you and your family to explore it [here](#).

How can learning these skills help?

These skills help you:

- Notice unhelpful positive or negative thoughts and behaviors that make you feel out of control
- Practice new ways of thinking that focus on wellness and healthy choices
- Understand and manage your feelings
- Deal with stress and tough moments without making things worse
- Build stronger, healthier relationships with others

If interested in finding out more about our Skills Handbook and our **Behavioral Health Partial Hospitalization & Intensive Outpatient Programs**, please [visit our website](#).

Community Benefit

Our **2nd Annual Young Healers Health Summit** brought together hands-on learning, connection, and real career exploration for students across the region.

Junior Achievement of Northern California and John Muir Health welcomed high school students from across Contra Costa County and Pleasanton Unified School District for a day dedicated to discovering healthcare careers and pathways.

The day kicked off with a career panel of John Muir Health leaders sharing their educational and professional journeys, lessons learned, and advice for students eyeing a future in healthcare. From there, students rotated through interactive workshops — Stop the Bleed, Stitches, Sports Medicine, and Professional Soft Skills — connected with JMH staff over lunch, and concluded with a timely session on teens, social media, and mental health.

Read more about **John Muir Health's Community Commitment** [here](#).



John Muir Health Foundation



Twins Louie and Dominic

Two Tiny Fighters. One Extraordinary Care Team.

When Claire and her husband first learned they were expecting twins, the news felt almost unbelievable. Just one year earlier, they had lost a baby boy at 31 weeks. So, when the same midwife who delivered their son delivered this new news, *twin boys, due almost exactly a year later*, joy mixed with fear.

Then labor came fast. Claire's husband was out of town, and by the time she reached John Muir Health, it was clear the babies were coming immediately. "I was still in denial," she says. "I kept thinking, this can't be happening today." At just 31 weeks, Louie and Dominic were born and rushed to the NICU.

Their stay would last months. Dominic needed time to grow stronger. Louie's journey was more complex - he became critically ill multiple times, requiring ventilators and intensive monitoring. "It was terrifying," Claire remembers. "We kept thinking we might lose our babies again." **But the NICU team refused to give up.**

What stood out most wasn't just medical expertise — it was the people. Reception staff, environmental services, Child Life specialists who helped the couple talk to their young daughter, nurses who decorated the babies' spaces for the holidays. "There's an entire network of people working behind the scenes," Claire's husband says. "*Everyone cares.*"

Today, Louie and Dominic are home, thriving, laughing, and filling their house with joyful chaos. **For their parents, the gratitude they feel will last a lifetime.**

Find out more about John Muir Health Foundation [here](#).

Our team is here to help



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