

How it Works

The Executive Health Program is designed for anyone who wants a customized and comprehensive view of their overall health and wellness. Our physicians partner with you to help you understand and improve your health.

On the day of your visit

Welcome

Check in, lab work, vital signs, and light refreshments.

Physician Consultation

You will meet for a thorough review of your health history and an in-depth discussion of your current health concerns. A complete physical exam will be done.

Comprehensive Health Assessment*

- Lab evaluation including an extended assessment of cholesterol, diabetes, electrolyte levels, liver, kidney and thyroid function, Vitamin D, inflammatory markers and urinalysis
- Body Composition – Determination of Percent Body Fat, Visceral Fat Area, and Resting Metabolic Rate using the In Body 770
- Vision Assessment to assess visual acuity, peripheral vision, depth perception, color vision and glaucoma check
- Hearing Assessment
- Spirometry to assess lung capacity and lung function
- Physical Fitness Testing to assess muscular strength, endurance and flexibility
- Resting Electrocardiogram (ECG)
- Treadmill Stress Test

Average visit – 2½ - 3 hours

**Specific tests are recommended and performed based on your age, medical and family history, and employer protocol. If these are not covered by your employer protocol, they can be purchased by you for an additional fee.*

Additional tests that may be recommended by the physician or requested by you*

Heart Health

- **Ankle Brachial Index Testing:** Detects blockage in the arteries that take blood to your extremities.
- **Carotid Ultrasound:** Detects blocked or narrowed arteries in your neck that can prevent adequate blood flow.
- **Central Blood Pressure:** Measures the pressure at your heart, along with the overall flexibility of your arteries.
- **Exercise Stress Testing:** Monitors heart rhythm and blood pressure to look for signs of blockage in the arteries that supply the heart.

Brain Health

- **Montreal Cognitive Assessment:** Identifies mild cognitive impairment.

Bone, Muscle and Joint Health

- **Bone Density Screening:** Determines if your bone mass is where it is expected to be, or if you are showing early signs of bone loss.
- **Functional Movement Screening:** Identifies muscle or joint weakness that could result in injury.

Travel Health

We provide recommendations, vaccinations and medications to help you return home illness free.

Genetic Health

Your genes can increase your risk for some medical conditions, even if you are currently healthy. Our program offers genetic screening to help identify these risks.

Results and Recommendations

During the follow-up visit, you will review a comprehensive report of your results with copies of every test performed. The report includes predictions for your risk of certain diseases, such as Heart Disease, Stroke, Cancer, Diabetes and Osteoporosis. It also includes an assessment of your lifestyle in terms of nutrition, exercise, stress management, safety and weight management. Our physician will advise you on what changes you can make to have the biggest impact on your overall health.