



EXECUTIVE HEALTH PROGRAM

# Executive Health Experience





## The Executive Health Experience

Maintain your active, productive lifestyle by devoting one day to your health and well-being with a visit to Cleveland Clinic's Executive Health Program. Your commitment of four to eight hours will allow our experts to:

- Discover potential health problems
- Target and address risk factors that compromise your health
- Facilitate prompt, expert and compassionate care for any injuries or illness
- Promote your wellness, including nutrition, fitness and stress management

You'll leave with your own personal roadmap to better health and wellness, feeling confident in your health status and knowing the action steps you need to take.

If you need specialty consultations, you will have priority access to more than 120 Cleveland Clinic medical and surgical experts, many of them top-ranked in the world. Generally, consultations can be arranged within 48 hours.



Optimal health is key to a fulfilling life. Yet caring for your own health can be challenging and time-consuming.

Cleveland Clinic healthcare professionals understand this. They realize you need premier service with minimal waiting. That's why our Executive Health program team brings you the most comprehensive, streamlined physical examination available, tailored to your specific needs.

Our integrated, head-to-toe evaluation includes appointments with experts in nutrition, exercise physiology and stress management, plus vision, hearing, heart health and lung function assessments, and more.

You will have an extended appointment with a personally matched member of our team of physicians, whose will provide you with state-of-the-art, prevention-focused healthcare in as thorough, compassionate and efficient a manner as possible.

## Your Comprehensive Health Exam

Your Cleveland Clinic Executive Health Exam will be customized, and may include the following tests:

### COMPREHENSIVE PHYSICAL EVALUATION

#### Complete laboratory panel

- Complete blood count
- Cholesterol, lipid profile, other lipid markers and CRP (C-reactive protein) to determine risk for atherosclerosis, heart attack and stroke
- Urinalysis and blood chemistries to detect diabetes, thyroid abnormalities, liver disease, kidney disorders and more
- Vitamin D, vitamin B12 and iron levels

#### Cardiac health evaluation

- Resting electrocardiogram (EKG)
- Cardiac stress test to screen for coronary artery disease, high blood pressure and abnormal heart rhythms
- BpTru™ blood pressure readings for more accurate blood pressure measurement

- Noninvasive screening to assess carotid arteries, aorta and circulation in the extremities
- Calcium scoring of coronary arteries to determine risk for presence of coronary artery disease

### Visual health evaluation

- Fundus photography to reveal abnormalities related to macular degeneration, diabetes, high blood pressure or other problems that threaten vision
- Visual acuity test
- Tonometry to screen for glaucoma

### Auditory health evaluation

- Audiogram to evaluate hearing

### Pulmonary health evaluation

- Spirometry to detect emphysema, bronchitis, asthma and other airway problems
- Chest X-ray to detect nodules, inflammation or lung abnormalities

### Vaccinations reviewed, updated and administered

### WEIGHT, FITNESS AND STRESS EVALUATION

- Nutrition consultation and body composition analysis
- Exercise physiology, fitness assessment and counseling
- Personal and executive coaching to enhance fulfillment, stress management and work-life balance

### Gender-specific testing

- Mammogram, and cervical PAP smear for women
- Menopause symptoms, evaluation and management

- Bone densitometry to detect osteoporosis and assess risk of fracture
- PSA (prostate-specific antigen) testing as appropriate for men at increased risk of prostate cancer
- Testosterone testing, free and total

All information shared during your exam remains strictly confidential. A comprehensive letter, available both electronically and on paper, will be generated to provide a complete summary of the results of your visit.

### Additional Services

The following services are available at additional cost. An extended stay may be necessary.

- Personalized genetic counseling services
- CT angiography where indicated to assess for possible plaque or blockages in the arteries of the heart
- Total body CT scan to help identify potential problems and diseases before symptoms appear
- Dermatology consultation to check for skin cancer and to examine rashes, moles and other lesions
- Cosmetic surgery consultations
- Ophthalmology consultations and/or refractive services for eyeglasses and contact lenses
- Low-dose-radiation chest CT to screen for lung cancer in current and former smokers

A proactive investment in your health and well-being can be expected to generate long-lasting benefits for you and for your family, employer, community, and all who depend on you.

Devote one day to your health and well-being with a visit to Cleveland Clinic's Executive Health Program.



## Our Locations

Make an appointment at any of our three Cleveland Clinic locations. (Executive Health services vary by location.)

**Cleveland Clinic** – Cleveland, Ohio  
216.444.5707 or 800.223.2273, ext. 45707

**Cleveland Clinic Florida** – Weston, Florida  
954.659.5380 or 800.729.5258

**Cleveland Clinic Canada** – Toronto, Canada  
416.507.6600 or 888.507.6885

**Cleveland Clinic Abu Dhabi** - Abu Dhabi, UAE  
clevelandclinicabudhabi.ae

To learn more about Cleveland Clinic's Executive Health Program, please call 216.442.8192 or email [exechealth@ccf.org](mailto:exechealth@ccf.org).



Every life deserves world class care.

9500 Euclid Ave., Cleveland, OH 44195

Cleveland Clinic is a nonprofit, multispecialty academic medical center integrating outpatient and hospital care with research and education for better patient outcomes and experience. More than 4,500 staff physicians and researchers provide services through 20 patient-centered institutes. Cleveland Clinic is a 6,026-bed healthcare system with a main campus in Cleveland, 18 hospitals and over 220 outpatient locations. The health system includes five hospitals in Southeast Florida with more than 1,000 beds, a medical center for brain health in Las Vegas, a sports and executive health center in Toronto and a 364-bed hospital in Abu Dhabi. Cleveland Clinic London, a 184-bed hospital, will open in 2022. Cleveland Clinic is currently ranked as one of the nation's top hospitals by *U.S. News & World Report*.  
[clevelandclinic.org](http://clevelandclinic.org)