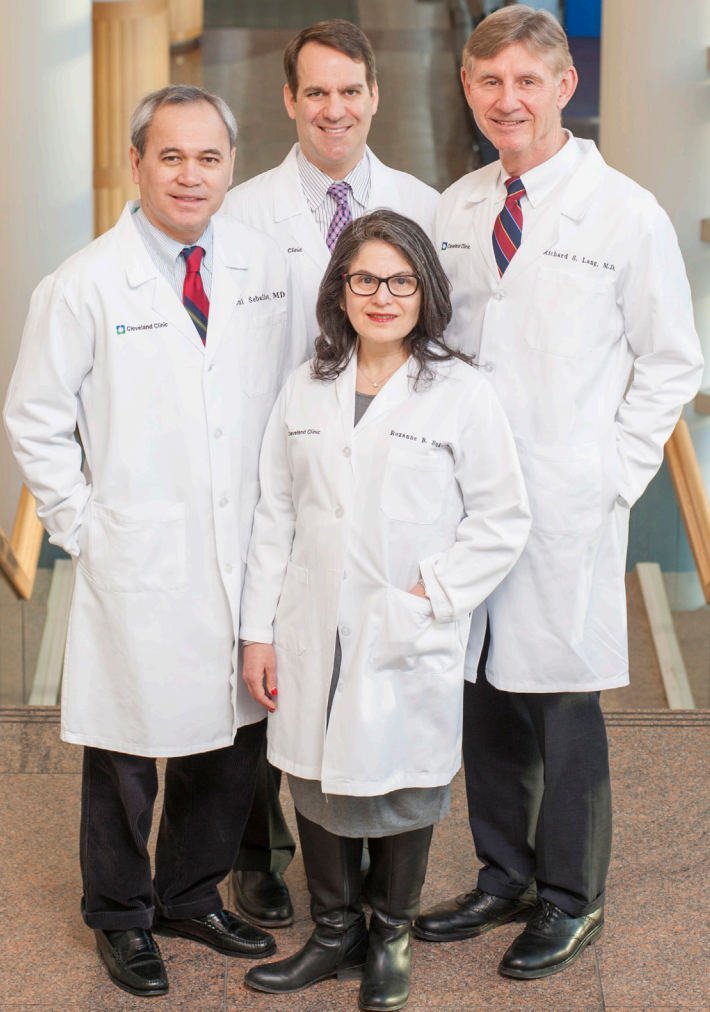




Cleveland Clinic

Executive Health Program

TAKE THIS OPPORTUNITY TO
SAFEGUARD YOUR HEALTH.



clevelandclinic.org/exechealth

Whether you're a professional, executive, working parent or active member of your community, time will always be your most valuable resource.

Optimal health is key to an active, meaningful life. Yet taking time to care for your own health can be challenging, and trying to fit a myriad of appointments into your own full schedule is never simple.

Cleveland Clinic healthcare professionals understand this. They realize you need premier service with minimal waiting. That's why our Executive Health and Preventive Medicine team combines world-class health and wellness services to bring you the most comprehensive, streamlined Executive Health Physical Examination available, tailored to your own specific needs.

We have transformed the traditional physical examination into an integrated, personalized, head-to-toe evaluation that includes appointments with experts in nutrition, exercise physiology and stress management, plus vision, hearing, heart health and lung function assessments, and more.

Your visit will also include an extended appointment with a personally matched member of our team of highly skilled male and female physicians, whose highest priority is to provide you with state-of-the-art, prevention-focused healthcare in as thorough, compassionate and efficient a manner as possible.



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.

Taking charge of your own health and wellness will inspire those who **look up** to you.



Your Comprehensive Health Exam

Cleveland Clinic's Executive Health Program will be customized to meet your specific, personal requirements and may include any or all of 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 unrecognized coronary artery disease, high blood pressure and abnormal heart rhythms
- BpTru™ blood pressure readings for more accurate blood pressure measurement
- Noninvasive vascular 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

BONE DENSITOMETRY TO DETECT OSTEOPOROSIS AND ASSESS RISK OF FRACTURE



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 to evaluate breast tissue for changes, including cancer
- Pap smear of the cervix for cervical cancer screening, including HPV testing
- Menopause symptoms, evaluation and management
- 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 (with an extended stay possible):

- Personalized genetic counseling services
- 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

Plan for Your Healthy Future

Raise your personal self-care to the next level by embracing your own health and wellness. Nothing will be more reassuring to the family, colleagues and friends who depend on you.

Your Next Step

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.

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.



Every life deserves world class care.

9500 Euclid Ave., Cleveland, OH 44195

The Wellness Institute provides preventive and integrative medicine services, supported by research and education on lifestyle and health. The institute's mission is to make preventive medicine and wellness the driving force in medicine and society. The Wellness Institute is one of 26 clinical and special expertise institutes at Cleveland Clinic, a nonprofit academic medical center ranked as the No. 2 hospital in the country by *U.S. News & World Report*. More than 3,500 staff physicians and researchers in 140 specialties at Cleveland Clinic collaborate to give every patient the best outcome and experience.
clevelandclinic.org

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