

Take this opportunity **to protect your health.**

# Cleveland Clinic Canada Executive Health Program



Proactively seeking to optimize your health and well-being pays off not just for you, but also for your family, employer, community and all who depend on you.

Patient care is our top priority. As one of the world's largest and most respected non-profit academic medical centres, Cleveland Clinic is committed to providing patients with a high quality healthcare experience.

We are consistently ranked among top hospitals by U.S. News & World Report, and our preventative medicine specialists are pioneers in Executive Health. We have combined our Patients First philosophy with our world class expertise to bring you the most comprehensive, streamlined Executive Health evaluation available.

Whether you're an executive, self-employed or caring for your family, we know your time is at a premium. You're heading from one appointment to the next. Dashing from work to daycare. Rising early to visit the gym. Travelling to conferences. Volunteering in your community. Caring for your aging parents. You want the best healthcare available but your time is limited. You expect excellent service, top experts and minimal waiting. At Cleveland Clinic Canada, we understand this.

We invite you to partner with Cleveland Clinic Canada and experience healthcare in a whole new way.



## Our Executive Health Experience

Our evaluations are tailored to your needs and require approximately six hours of your time.

We have transformed the traditional physical from a data-gathering exam into an integrated, head-to-toe evaluation by top medical and wellness professionals.

### Your evaluation is geared to:

- Discover potential health problems.
- Target, reduce and eliminate health risk factors.
- Promote positive lifestyle change through diet, exercise and mental wellness.
- Empower you with the best healthcare knowledge and tools available.

Afterward, you'll feel confident in your health status, know the action steps you need to take, and possess your own personal roadmap to better health and wellness.

### ONLINE RESULTS

The results of your evaluation will be made available to you through our secure online "MyChart" portal within a week of your assessment. Through this personal electronic medical record, you will be able to access your health information anytime and anywhere an internet connection is available.

When a new result or letter is posted to your chart, you will receive an email letting you know that this information is available for your review. If any of your results are clinically significant, we will contact you directly to discuss them.

### OUR CLINICAL TEAM

Our team has been built to ensure that our patients receive the best possible care and timely follow-ups to their Executive Health evaluation. As a patient, you benefit from the expertise of our on-site specialists in sports medicine, cardiology, respirology, neurology, orthopaedics, endocrinology, urology and men's health, as well as medical imaging services for ultrasound, x-ray, mammography and bone density testing. You also have access to our extensive network of specialists in Toronto and over 3,000 physicians, surgeons and specialists in the Cleveland Clinic network.

### URGENT CARE

For the twelve months following your evaluation, you will have access to our in-house urgent care services. Should an urgent care need arise, such as a sore throat or ear infection, you may contact our clinic to schedule an appointment with our Executive Health nurse practitioner.



“After experiencing symptoms that were dismissed as ‘nothing to be concerned about’ I contacted Cleveland Clinic Canada and what I experienced changed my life.”

**Executive and former CFL football player John Shoniker** contacted Cleveland Clinic Canada because he knew something wasn't right. After meeting with one of our physicians, his concerns were validated, and an on-site ultrasound was immediately scheduled. Within minutes, the ultrasound confirmed a kidney mass. Within the week, he was able to meet with a specialist and his surgery was scheduled. Now back to his usual healthy self, he is grateful to the Cleveland Clinic Canada team for listening to his concerns - and responding with an urgency that saved his life.

# Your Comprehensive Health Evaluation

We offer the most comprehensive, streamlined Executive Health experience you'll find.



On the day of care, your clinical team will customize your experience based on your health needs.

## **HISTORY AND PHYSICAL**

- A detailed medical history and evaluation, providing an assessment of your overall physical health.

## **COMPREHENSIVE LABORATORY TESTS**

- A complete blood count.
- Urinalysis to detect problems such as diabetes and kidney disorders.
- Blood tests to detect problems such as thyroid abnormalities, liver disease and diabetes.

- PSA (prostate-specific antigen) blood test for males over 40 to detect levels of this prostate cancer marker.
- Vitamin D, Vitamin B12 and iron levels.

## **VACCINATIONS**

- Adult vaccinations, reviewed and administered as needed.





“Anyone within earshot has heard about my experiences at Cleveland Clinic Canada. I have never had a more complete and thorough medical examination. The entire team was personable, attentive, professional and genuinely concerned about me; it was my day.”

**Stephen Tsotsos, DDS**, has practiced dentistry in Toronto for over 30 years. The first member of the Ontario Dental Association – representing 6,500 dentists throughout the province – to participate in Cleveland Clinic Canada’s Executive Health Program, Dr. Tsotsos willingly shares his enthusiasm about the program with colleagues.



## CARDIAC HEALTH

From the Heart Center ranked No. 1 by U.S. News & World Report since 1994.

- **Resting Electrocardiogram (ECG)**

A recording of electrical activity within the heart. ECG abnormalities may signal potentially serious heart problems that are treatable when detected early.

AND

- **Cardiac Stress Test**

A treadmill exercise ECG test to screen for unrecognized coronary artery disease, high blood pressure (hypertension) and abnormal heart rhythms (arrhythmias).

OR

- **VO2 max**

A treadmill-based exercise test that provides an enhanced assessment of your cardiorespiratory function and your fitness level.

## CANCER SCREENING

- Screenings for breast, colon and cervical cancers as well as others if family history indicates.

## VISUAL HEALTH

- **Visual Acuity Test**

Vision screening.

- **Tonometry**

A check of pressure within the eye to screen for glaucoma.

## AUDITORY HEALTH

- **Audiogram**

An evaluation of your hearing, along with recommendations for hearing preservation or hearing amplification, as needed.

## PULMONARY HEALTH

- **Spirometry**

This breathing function test helps to detect emphysema, bronchitis, asthma and other lung problems.

## DIAGNOSTIC IMAGING (As clinically indicated)

- **General x-ray**

Depending on a patient's need, x-rays may be ordered to evaluate bony structures. X-Rays are also commonly used to image certain degenerative diseases, including osteoarthritis.

- **Chest x-ray**

Depending on a patient's need, a chest x-ray may be used to evaluate the lungs, heart and chest wall. This x-ray is useful in the diagnosis of many medical conditions.



“You’re working every day for everyone else. You need to take a day for yourself and make sure you can continue, not only for your employer, but more importantly your family.”

**Kristine McGivney** went for an Executive Health Physical Examination like all the officers at her company. One breast exam, mammogram and ultrasound later, she was diagnosed with an aggressive form of breast cancer. Fortunately, it was discovered early. Today, after surgery, chemotherapy and radiation at Cleveland Clinic’s Taussig Cancer Institute, Ms. McGivney is cancer-free.



Our goal is to thoroughly assess your current state of health, screen for early signs of disease, and evaluate your lifestyle. We want you to leave with the peace of mind that comes from being equipped with the knowledge and resources you need to address health concerns and maintain a healthy lifestyle throughout the year.

#### **DIAGNOSTIC IMAGING (As clinically indicated)**

- **Mammography**

A low-dose x-ray examination of the breasts, used to aid in the diagnosis of breast diseases. Mammography can play a crucial role in early detection of breast cancer, since it may detect abnormalities before a patient presents with any symptoms.

- **Ultrasound**

Ultrasound imaging allows for an internal view of the organs, soft tissue and body cavities, without using invasive techniques.

- **Bone Density Test**

This enhanced form of x-ray technology is considered the gold standard for measuring bone mineral density (BMD). This test is used to diagnose osteoporosis and assess the future risk of fractures.

- **CT**

Computerized tomography (CT) produces cross-sectional images of bony structures, body tissues and organs. Compared to standard x-rays, CT scans provide greater detail and clarity for a wider variety of tissue types. **(Available off-site)**

- **MRI**

Magnetic Resonance imaging (MRI) combines radiofrequency waves with a powerful magnetic field to obtain remarkably clear, detailed images of internal organs and tissues that may not be visible using other imaging technologies.

**(Available off-site)**

#### **PROCEDURES**

- **Colonoscopy**

This fiber-optic examination of the entire colon detects polyps, cancer and other abnormalities. Polyps can be removed at the time of the exam.

**(Available off-site)**



“My physician is very forward-thinking and comes up with proactive, progressive solutions tied to healthier lifestyles. I recommend the Executive Health Program to all my friends.”

**Jean Covelli**, a travel executive, had no medical concerns in 2007 when she went for her Executive Health Evaluation. When papillary thyroid cancer was discovered, she had it removed by a Cleveland Clinic endocrine surgeon. Today, she is a grateful survivor with a clean bill of health.



## WELLNESS CONSULTATIONS

### • Nutrition Consultation

A registered dietitian will provide you with nutritional recommendations and help you establish healthy eating habits that last a lifetime. Our registered dietitians translate cutting-edge, evidence-based scientific findings into real-life nutritional practice. They will assess your current eating habits and demonstrate the vital role diet plays in everything from disease prevention to optimizing your overall health and well-being. For a fee, patients may enroll in our nutritional genetics program.

### • Fitness Consultation

During your consult, your strength and flexibility will be measured to assess your current fitness levels. An exercise physiologist will establish a specific fitness plan for you, based on your physician's recommendations, your personal goals and your activity level. Whether you are training for a marathon or just starting a fitness regimen, you will learn to make the most of your exercise time. We will tailor recommendations to suit your busy schedule and available equipment. We will also provide tips for exercising on the road and recommendations for home exercise equipment, if desired.

### • Psychological Consultation

This confidential session encompasses a number of important health and lifestyle factors that contribute to overall life satisfaction and optimal functioning. This includes an assessment of key concerns, such as stress management, work-life balance, mood, anxiety, sleep, interpersonal functioning and substance abuse.

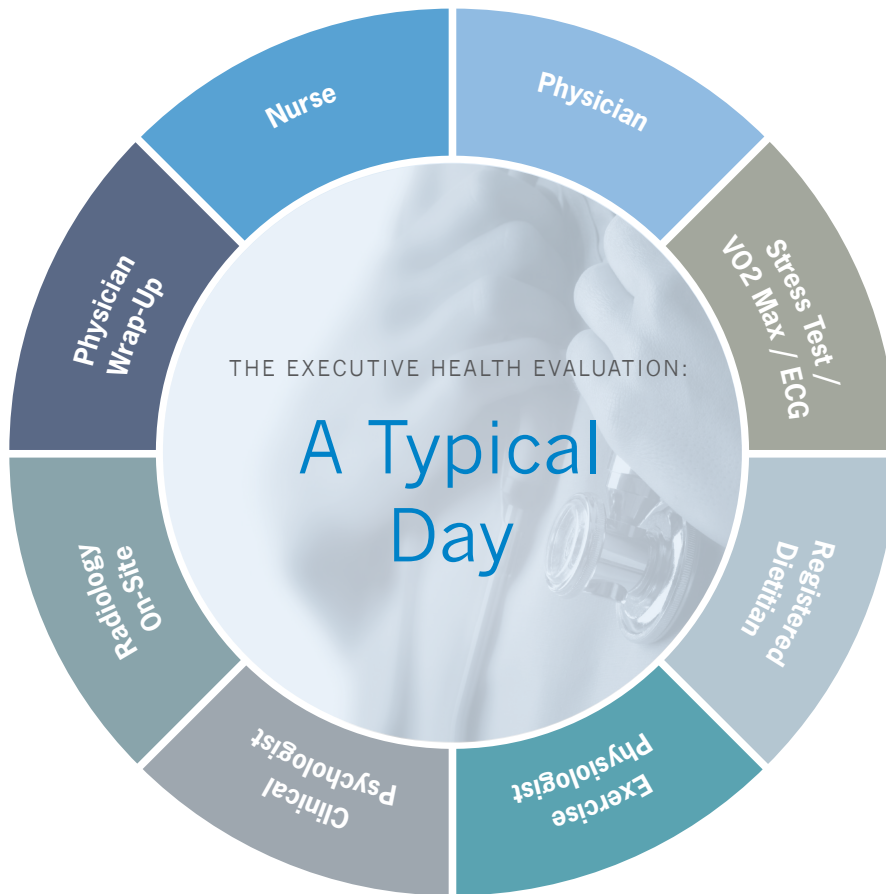
## SAME-DAY TEST RESULTS

- Your Executive Health physician will summarize the team's findings and discuss your available test results and any recommendations for follow-up tests. If your physician identifies a potential or existing problem requiring further evaluation, we will coordinate appointments with the appropriate specialists for an in-depth assessment.



# The Executive Health Evaluation: A Typical Day

Below is an overview of your Executive Health experience. The order of appointments will vary by patient.





# Additional Services Available



We are proud to provide a variety of clinical services that are focused on preventing disease and improving physical performance.

You and your family are welcome to take advantage of any of our other services at the clinic. Simply call 416.507.6600 to book your appointment or visit [clevelandclinic.ca](http://clevelandclinic.ca) to learn more.

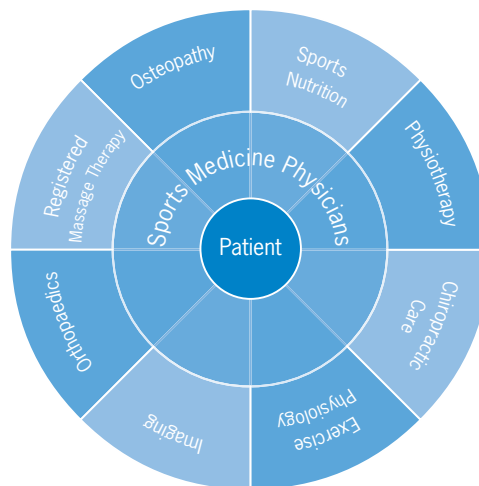
## SPORTS HEALTH

Our Sports Health program has been designed to meet the health care needs of recreational and professional athletes as well as individuals who experience muscle and joint pain in the activities of daily life.

Whether you want to improve your quality of life or maximize your physical performance, we can help. We offer diagnostic testing and treatment for any musculoskeletal issues that may arise, such as back, neck, shoulder, knee and leg injuries. We also offer bracing and orthotics.

Our multidisciplinary team includes medical specialists respected nationally and internationally as leaders in the fields of sports medicine and orthopaedics.

In addition to our diagnostic and rehabilitation services, our sports health team also offers Platelet-Rich Plasma (PRP) injections, stem cell treatments, custom knee bracing and orthopaedic surgery consults.



### How we can help:

- Neck, back and shoulder pain
- Arthritis and joint pain
- Headaches
- Muscle strains and ligament sprains
- Herniated discs
- Rotator cuff injuries
- Athletic knee injuries
- Customized training plans for athletes with specific limitations (heart disease, asthma, etc)
- And much more

**Physician consults and on-site imaging are covered by OHIP.** Rehabilitation services are often covered by benefits. Please check with your provider.

# Additional Services Available

## **MULTI-SPECIALTY OHIP CLINIC**

We offer OHIP covered physician consults in dermatology and cardiology. A referral from a family physician and a valid OHIP card are required to book an appointment.

## **WEIGHT AND LIFESTYLE MANAGEMENT PROGRAM**

Our personalized program allows patients to work with clinical experts including a registered dietitian, registered psychologist and exercise physiologist to help them identify and overcome obstacles in their life to achieve better overall health. A customized program will be designed based upon medical history, lifestyle and goals to help patients change their habits and promote long-term healthy behaviours. A program fee applies.

## **GLOBAL PATIENT SERVICES**

Global Patient Services is a free phone resource that assists individuals facing a challenging healthcare situation. We connect them with a nurse to help them understand their healthcare options.

The goal of Global Patient Services is to provide callers with information about the health-care options available to them either locally (i.e. here at our clinic or elsewhere in the city/province at an appropriate health care facility), or, as necessary at our main campus in Cleveland, Ohio.

We take the time to answer your health questions and provide the guidance needed to help you get care as soon as possible. If a patient decides to go outside of Canada for treatment, Global Patient Services offers a variety of services to help prepare the patient for their trip including travel planning and cost estimates.

## **MYCONSULT**

When you are faced with a life-altering diagnosis, you want to feel confident in your health options. MyConsult is an online medical second opinion service that connects you to the specialty physician expertise you need when you are faced with a serious diagnosis. Following a thorough review of your medical records and diagnostic tests, Cleveland Clinic experts render a medical second opinion that includes treatment options or alternatives, as well as recommendations regarding your future therapeutic considerations. A consult fee may apply.

## **GLOBAL CARE**

Global CARE (Critical Care Air Rescue and Evacuation) is a Cleveland Clinic medical evacuation program that allows you to travel with peace of mind knowing that if you or a member of your family becomes seriously ill while traveling, they will have the care they need.

# Getting Started

Patients are our top priority. Our Patients First philosophy guides all of our efforts and forms the foundation of our programs and services. We are committed to providing outstanding, compassionate care to our patients.

## **TO MAKE AN APPOINTMENT**

For more information about the Executive Health Program, or to schedule your Executive Health evaluation, simply call 647-249-0483.

## **COMPANY BENEFITS**

Implementing an Executive Health benefit is a long-term investment for any organization. It represents the first step in building a corporate culture focused on wellness and prevention, and ensures the vitality of your leaders for years to come. To find out how you can incorporate preventative medicine into your organization and receive a corporate discount, please call 416-507-6775.

## **PRIOR TO ARRIVAL**

Prior to your Executive Health visit at Cleveland Clinic Canada, you will receive your schedule, an in-depth health questionnaire and directions to help you prepare for your visit. Any special instructions, such as fasting and other dietary or activity restrictions, will also be included.



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Canada

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