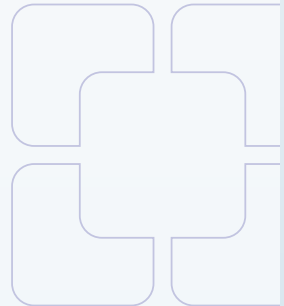


Executive Health Program

Your personalized assessment.



Cleveland Clinic
Canada





Your time is
valuable.
So is your
health.

In a world that never stops, taking care of yourself often comes last. That's why our Executive Health Program gives you a full day focused entirely on your well-being.

This is not your routine physical.



A complete health assessment.

Backed by 100 years of clinical excellence, our program is a personalized, comprehensive health assessment designed to help you achieve optimal health through clinical guidance, lifestyle advice, and early detection of health conditions.

More time for meaningful care.

From the first conversation to the final review, every step of the assessment is designed to give you quality time with your providers, deeper insight into your health, and a clear plan to help you make informed decisions about your long-term wellness.

For those who want to
feel their best, every day.

Our program offers you a holistic view of your health, helping you understand where you are today and how to optimize your health and performance at every stage of life.





What to expect.

Your experience begins before you arrive, with a pre-visit call to understand your medical history and priorities so we can customize your day of care.

During your day of care, you'll move through a seamless sequence of diagnostics and consultations designed to uncover insights, not just provide data.

Throughout your day,
you'll meet our integrated
care team.

Each expert brings a different
lens to your health, working
together to build a personalized
health strategy tailored to your
goals, lifestyle, and the way
you want to live.

Your care team includes:

+ Physician

+ Nurse

+ Registered Dietitian

+ Exercise Specialist

+ Mental Health Specialist

+ Lab and Cardiac Technicians

See the whole picture of your well-being.

Our team will discuss your medical history, health goals, assess vitals, conduct medically necessary testing, recommend vaccinations, and review blood work and biomarker analysis.



Review the key drivers of long-term health:

+ Cardiovascular Health:

Screening how well your heart and blood vessels are functioning. Includes biomarkers, cardiac stress tests, ECG, or exercise capacity assessments.

+ Cancer Prevention:

Screening to detect early signs of breast, cervical, colon, prostate, or lung cancer. Protocol informed by age, gender, family history, and symptoms.

+ Lung Health:

Screening how well your lungs are working, with insights that support early detection and long-term respiratory wellness. Testing includes spirometry and pulse oximetry.

+ Sensory & Brain Health:

Screening to assess your vision, hearing, and cognitive function. Testing includes fundus photography, visual acuity testing, tonometry, audiogram, and dementia risk factors.

+ Metabolic & Digestive Health:

Screening how well the body manages energy through urinalysis and biomarkers to assess sugar regulation, organ function, and inflammation, providing deeper insight into metabolic efficiency and long-term disease risk.

+ Movement & Performance:

A review of physical fitness and foundational movement patterns, including strength testing and body composition analysis to support overall health.

+ Mental Health & Well-being:

A review of lifestyle factors affecting stress, work-life balance, mood, sleep patterns, and relationships, providing guidance to strengthen resilience and support emotional health.

+ Nutrition:

A review of your current diet, a discussion of your nutrition goals, and a curated approach to complement them, providing personalized guidance to support sustainable, long-term health.

Receive results that move you forward.



Turning insights into action:

- **Same-day results**
Your physician reviews your available results the same day so you leave with answers and a clear plan.
 - **Reports & recommendations**
Within days, full reports and recommendations are available through MyChart™, your secure personal health record.
 - **Roadmap for improvement**
You will leave with the information you need to take meaningful action to improve your health, along with the option to access additional services for ongoing support. If needed, you may also be referred to specialists within our extensive network.
-

Choose the package that is right for you:

Essentials Package

- + Pre-visit nurse consultation
- + Comprehensive one-day health assessment
- + Personalized health plan
- + Specialist referrals as needed

Enhanced Package MOST POPULAR OPTION

- + Includes all Essentials Package features plus:
Enhance your care with one year of 24/7 virtual access through Express Care[®] Online. Connect with a clinician anytime for medical advice, diagnoses, prescriptions, and specialist referrals from anywhere in Canada. Coverage can also be extended to your family, providing seamless support when and where it's needed.

For ongoing physician care throughout the year, you can upgrade to our Concierge Medicine program.

24/7 proactive health management, supported by a dedicated physician and care team who provide personalized guidance and coordinated care whenever you need it.



Beyond the day.

Your experience doesn't end when the day does. For further support, we offer additional care services at our Downtown and Midtown clinics, as well as virtually across Canada, for an added fee.

These options help you build on the insights from your assessment and connect you with clinicians familiar with your health history to better support you and your goals.

Additional testing.

For those who want a deeper, more detailed understanding of their health, we offer optional advanced diagnostics that provide additional clarity and precision. This testing can be added for an additional fee.

Enhanced Screening*	Using the latest advances in screening technology, this program offers a range of preventive tests for early cancer detection, coronary artery disease screening, and identifying dementia risk before symptoms appear. Our team selects the appropriate tests, coordinates scheduling, and provides a comprehensive clinical review of your results.
VO2 Max Test	A strong predictor of longevity, this gold-standard test measures how efficiently your body uses oxygen during intense exercise.
DEXA Scan	One of the most accurate tools available to assess muscle mass, fat distribution, and bone health. The results can inform a personalized fitness or nutrition plan, and repeat scans can be used to track progress over time.
FotoFinder*	A high-resolution imaging system that maps and tracks moles and skin changes over time to detect subtle changes that may indicate early skin cancer or other dermatological concerns.

*Available Summer 2026

Additional services:

Nutrition Coaching	Our registered dietitians help you explore and compare eating patterns, habits, and food choices that influence your health and well-being. They translate the latest evidence-based research into practical guidance, helping you build sustainable, satisfying habits that support feeling your best for the long term.
Movement & Performance Training	Whether you're just starting out, an accomplished athlete, or on the path to recovery, our experts specialize in crafting safe and effective exercise programs. Utilizing the latest research and testing, we tailor each program to maximize your results.
Individual, Couple & Family Therapy	Our dedicated team of mental health professionals is here to support you every step of the way on your path to wellness. Whether you're facing stress, navigating life transitions, or working through more complex challenges, we're here to help you find balance in every aspect of life.

Sports Medicine & Rehabilitation	From diagnosing and managing acute injuries to treating musculoskeletal conditions and illnesses, our sports medicine physicians and rehab providers are experts at diagnosing your injury and recommending the appropriate care to get you back to your normal activities.
Menopause Program	A comprehensive nine-month program that delivers advanced, evidence-based care for women in midlife. Guided by a multidisciplinary team, the program addresses both immediate symptoms and long-term health risks, and provides expert support through every stage of the menopause transition.
Weight & Lifestyle Management Program	A comprehensive, physician-guided program designed to support sustainable weight management. This multidisciplinary approach combines evidence-based medical therapies with personalized nutrition, behavioural, and lifestyle strategies to help patients achieve meaningful weight loss while improving metabolic health, blood sugar control, cardiovascular health, mobility, and overall well-being.

What sets us apart:

World-class expertise:

Cleveland Clinic is one of the largest and most respected healthcare organizations in the world. We have been providing care since 1921 and it is our honour to care for you.

A better patient experience:

We limit the number of patients seen each day to ensure you have meaningful time with your providers and the focused attention your health deserves. Your day of care is tailored to your goals, needs, and preferences.

Additional services:

If you require additional care, we offer services at our Midtown and Downtown locations as well as virtual care across Canada. Many of our services are covered by benefits, health spending accounts, or provincial health plans. Corporate pricing is available.



Schedule your health assessment today:

1.888.507.6885

patientexperiencecanada@ccf.org

clevelandclinic.ca





clevelandclinic.ca