



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 well-being through nutrition, fitness and stress management

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

If needed, you will have priority access to more than 120 Cleveland Clinic medical and surgical experts, many of them top-ranked in the world. Consultations generally 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 and know you need premier service with minimal waiting. That's why our Executive Health team can provide 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, who will provide you with state-of-the-art, prevention-focused healthcare rooted in compassion.

## Your Comprehensive Health Exam

Your customized Cleveland Clinic Executive Health Exam 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 your 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 (ECG)
- Cardiac stress test to screen for coronary artery disease, high blood pressure and abnormal heart rhythms
- Highly accurate BpTru™ blood pressure readings

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

### Visual health evaluation

- Fundus photography to reveal abnormalities related to macular degeneration, diabetes, high blood pressure and 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 and 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 (women only)
- Evaluation and management of menopause symptoms (women only)

- 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 (men only)

All information shared during your exam remains strictly confidential. A comprehensive visit summary, available both electronically and on paper, will be provided.

### 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 evaluate 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 five Cleveland Clinic locations. (Executive Health services vary by location.)

### **Cleveland Clinic** – Cleveland, Ohio

216.444.5707 or 800.223.2273, ext. 45707

[clevelandclinic.org](https://clevelandclinic.org)

### **Cleveland Clinic Florida** – Weston, Florida

954.659.5380 or 800.729.5258

[clevelandclinic.org/florida](https://clevelandclinic.org/florida)

### **Cleveland Clinic Canada** – Toronto, Canada

416.507.6600 or 888.507.6885

[clevelandclinic.org/canada](https://clevelandclinic.org/canada)

### **Cleveland Clinic Abu Dhabi** – Abu Dhabi, UAE

800 8 2223

[clevelandclinicabudhabi.ae](https://clevelandclinicabudhabi.ae)

### **Cleveland Clinic London** – London, UK

+44 20 3423 7500

[clevelandcliniclondon.uk](https://clevelandcliniclondon.uk)

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



**Every life deserves world class care.**

9500 Euclid Ave., Cleveland, OH 44195

Cleveland Clinic is a globally integrated multispecialty healthcare system combining hospital and outpatient care with research and education for better patient outcomes and experience. Cleveland Clinic has 81,000 caregivers worldwide, including 5,700 physicians and scientists. The health system consists of 23 hospitals and 276 outpatient locations, including a main campus in Cleveland; 15 regional hospitals in Northeast Ohio; five hospitals in Southeast Florida; a center for brain health in Las Vegas, Nevada; executive health and sports health services at two locations in Toronto, Canada; a hospital and outpatient center in London, United Kingdom; and a hospital and cancer center in Abu Dhabi, United Arab Emirates.

[clevelandclinic.org](https://clevelandclinic.org)