



Cleveland Clinic

Premier Health Program



Utilizing the full resources of  
Cleveland Clinic to obtain the  
ultimate health assessment.

The road to good health begins with knowledge about your individual risk factors and potentially harmful habits. Enter the Premier Health Program, the most thorough and comprehensive assessment possible. This inspiring, and potentially life-changing, multi-day experience will equip you with the information you'll need to take control of your health for life.



### AN EVALUATION TAILORED TO MEET YOUR NEEDS

Your Premier Health examination will be customized to meet your needs based on your risk factors, family history, gender, age and personal goals. These will be determined through a personal call from your Premier Health physician in advance of your visit. Based on the information obtained from this conversation, your Premier Health physician will arrange for you to meet with specific medical specialists, nutritionists, personal life coaches, exercise physiologists and other experts.

### SOPHISTICATED TESTING AND TREATMENT

Cleveland Clinic is proud to offer the most sophisticated medical technology available anywhere today. You can have confidence that our combination of physician expertise and advanced technology will provide you with accurate results.

Additionally, you can be confident that all tests and procedures will be performed and interpreted by Cleveland Clinic specialists to ensure that you receive definitive opinions from some of the best medical minds in the world.

Identifying budding health problems is only one goal. It is equally important to prevent health problems from occurring. For that reason, the Premier Health Program also focuses on lifestyle choices that you can adopt to help prevent disease.

## MyChart: Ideal for Those on the Go

Even with a schedule that's busier than most, you can easily keep abreast of your health status using Cleveland Clinic **MyChart**. This secure online service allows you to check test results, renew prescriptions and receive timely healthcare reminders from Cleveland Clinic. After your Executive Health Physical Examination, your personalized letter and results are uploaded into **MyChart** so that you can access them anywhere. For further information, visit [clevelandclinic.org/mychart](http://clevelandclinic.org/mychart).

## Your Premier Health Program services will be tailored to meet your needs and *may* include any or all of the following services:

### **Heart and cardiovascular screening/risk assessment:**

- Comprehensive laboratory tests, including lipid profile
- Lipoprotein electrophoresis
- Ultrasensitive C-reactive protein
- Lipoprotein(a)
- Albumin/creatinine ratio

### **Scans/procedures to evaluate the heart's electrical system, valve and muscle structure and function, and risk of coronary artery disease:**

- Electrocardiogram (EKG)
- Exercise treadmill stress test
- Nuclear stress test
- Echocardiography stress test
- Calcium scoring of the coronary arteries
- CT angiography of the coronary arteries
- BpTru™ automatic blood pressure readings

### **Assessing stroke/brain aneurysm risks:**

- Carotid artery ultrasound
- Magnetic resonance imaging of the brain
- Magnetic resonance arteriography of the brain and carotid arteries

### **Personal and executive coaching:**

- Confidential session to help with stress management and work-life balance

### **Cancer screening/risk assessment:**

- Tumor marker blood tests for pancreatic, gastrointestinal and colorectal cancers
- Prostate-specific antigen (PSA) levels for prostate cancer in men
- CA-125 blood test for ovarian cancer in women
- Thorough skin examination for detection of cancerous or precancerous lesions

### **Cancer screening procedures/scans:**

- Colonoscopy for colorectal cancer or polyps in the colon and rectum
- Whole body scan of the abdomen, pelvis and chest for lung cancer and internal organ tumors
- Pap smear in women for cervical cancer
- Transvaginal ultrasound for uterine and ovarian cancer in women
- Mammography in women, or in men with enlarged breasts

### **Screenings/consultations on general health and vitality:**

- Complete blood count, comprehensive chemistry profile, urinalysis, thyroid screening and hormone levels

- Spirometry to determine lung function
- Audiogram to assess hearing
- Full eye examination, including fundus photography (use of a special camera to obtain a color image of the interior of the eye that reveals abnormalities related to diabetes, high blood pressure, macular degeneration or other problems that threaten vision)

### **Fitness/lifestyle consultations:**

- Body fat evaluation and nutritional counseling with a registered dietitian
- Evaluation of fitness and development of fitness goals with an exercise physiologist

### **Additional consultations may include:**

- Immunization update and consultation for health risks related to international travel
- Cosmetic surgery
- Other subspecialty consultations (for example, with Orthopaedics, Neurology, Cardiology or Otolaryngology) specific to your health and needs
- Genetic counseling to assess risks of developing specific illnesses, with disease prevention/healthcare recommendations

At the end of your visit, your Premier Health physician will explain your available test results, and discuss recommendations to optimize your health and wellness. Should any urgent issue be identified during your visit, you will have priority access to the appropriate specialist for further evaluation during an in-depth assessment.

#### HOW TO SCHEDULE YOUR PREMIER HEALTH PROGRAM VISIT

For more information or to make an appointment, please call 800.223.2273, ext. 45707. A personal care liaison will be happy to schedule your appointment with a Premier Health physician and coordinate your travel arrangements, accommodations at the InterContinental Hotel, and transportation from the airport to the hotel.

If you are traveling from another country, a Cleveland Clinic Medical Concierge can help facilitate and coordinate your Cleveland Clinic experience and your visit to Cleveland, Ohio. To reach our medical concierge, please call 216.444.8184 or email [interna@ccf.org](mailto:interna@ccf.org). Phones are staffed weekdays from 8 a.m. to 5 p.m. EST.



#### CONVENIENCE AND LUXURY

Premier Health patients enjoy the personal attention and luxurious suite accommodations found on the exclusive Club Floor of the InterContinental Hotel on Cleveland Clinic's campus. You will be treated to many exclusive services, including transportation to and from the airport, and a pre-visit phone call from the hotel concierge to address any special requests you may have. The Club Floor has amenities of its own: keyed access; continental breakfast, high tea, hors d'oeuvres and cocktails in a private lounge; a library; head and neck massages; beds with luxurious linens; and free in-room movies. These amenities are designed to make your stay as relaxing and stress-free as possible.

To schedule an Executive Health Physical Examination at Cleveland Clinic, please call

216.444.5707 or  
800.223.2273, ext. 45707.

For more information, please call 844.365.7829.  
[clevelandclinic.org/exechealth](http://clevelandclinic.org/exechealth)



9500 Euclid Avenue, Cleveland, OH 44195

The Cleveland Clinic Wellness Institute is one of 26 institutes at Cleveland Clinic that group multiple specialties together to provide collaborative, patient-centered care. Its members are dedicated to making preventive care the driving force in medicine, minimizing the physical, emotional and economic costs of illness through health and wellness services and education. Cleveland Clinic is a nonprofit, multispecialty academic medical center. Founded in 1921, it is dedicated to providing quality specialized care and includes an outpatient clinic, a hospital with more than 1,000 staffed beds, an education institute and a research institute.