



PREMIER EXECUTIVE HEALTH PROGRAM

► You lead organizations, head projects and manage teams.

Now take charge of your own health.

The Premier Executive Health Program gives you the highest quality health assessment, directed by Cleveland Clinic's experts in world-class care. After a customized, multi-day evaluation, we'll help you interpret the results so you can set new goals to increase your bottom line — your wellness.

PREMIER advantage

Premier Executive Health exams differ from the standard executive health exam by offering you:

- A concierge to help you set up your days with us
- A multi-day appointment based on your healthcare needs
- An extended pre-visit discussion with an executive health physician
- Access to subspecialists in heart care, cancer care, etc.
- Escorted campus navigation to all appointments
- A personalized follow-up visit

TOP-RANKED care

Cleveland Clinic has the most advanced, leading-edge technology — used by some of the world's best medical minds. It's what you'd expect from one of the nation's top-ranked hospitals.

And since prevention is the best medicine, we excel at that too. Not only will we identify and address any budding health problems, we'll show you how to help prevent future diseases by making wise lifestyle choices.

TAILORED evaluation

Knowing your risk factors, family history, sex, age and personal goals will help us tailor your evaluation. A Premier Executive Health physician will call you to discuss these details before your visit. Then he or she will arrange for your exams with medical specialists and consults with a nutritionist, exercise physiologist, life coach or other experts.

At the end of your visit, your Premier Executive Health physician will explain your test results and discuss recommendations to optimize your health and wellness. If you have any medical issues that need quick attention, you'll have priority access to Cleveland Clinic specialists for more evaluation.

► **SCHEDULE** your Premier Executive Health appointment

216.444.5707

CUSTOMIZED FOR YOU, a Premier Executive Health visit may involve evaluating your:

Heart and cardiovascular risk

- Comprehensive blood tests, including lipid profile, C-reactive protein and other markers of heart disease
- Echocardiogram
- Electrocardiogram (EKG)
- Stress test
- Calcium scoring of coronary arteries
- CT angiography of coronary arteries

Stroke and brain aneurysm risk

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

Cancer risk

- Tumor-marker blood tests for pancreatic, gastrointestinal and colorectal cancers
- Whole-body scan for lung cancer and internal organ tumors
- Colonoscopy for colorectal cancer or polyps

- Skin examination for cancerous and precancerous lesions
- Mammography for breast cancer in women and in men with enlarged breasts
- *For men:* Prostate-specific antigen (PSA) test for prostate cancer
- *For women:* CA-125 blood test for ovarian cancer, pap smear for cervical cancer, and transvaginal ultrasound for uterine and ovarian cancer

General health

- Complete blood count, comprehensive metabolic panel, urinalysis, thyroid screening and hormone levels
- Spirometry to detect emphysema, bronchitis, asthma and other lung problems
- Audiogram to assess hearing
- Eye exam, including fundus photography to reveal abnormalities due to diabetes, high blood pressure and other vision-threatening conditions

Fitness and lifestyle

- Fitness consultation with an exercise physiologist
- Nutritional counseling with a registered dietitian

Additional services may include:

- Immunizations including those needed for international travel
- Subspecialty consultations (e.g., orthopaedics, neurology, cardiology, otolaryngology), as needed
- Genetic counseling to assess health risks
- Cosmetic surgery consultation
- Personal and executive coaching to help with stress management and work-life balance

► For more information about the Premier Executive Health Program, call 216.444.5707 or visit clevelandclinic.org/exehealth.

OTHER Premier Executive Health Resources

Concierge services

We will coordinate your physician appointments, travel arrangements, transportation to and from the airport, and make recommendations regarding your hotel stay. clevelandclinic.org/concierge

Critical Care Transport

Each year, our Critical Care Transport team brings more than 5,600 patients from all over the world to Cleveland Clinic for expert care. This elite group of physicians, nurse practitioners, critical care nurses and critical care paramedics is available 24/7 to transport critically ill and injured patients by ground mobile intensive care unit, helicopter or jet. This service is available at an additional fee. clevelandclinic.org/cct

Global MedAssist Program (GMAP)

GMAP leverages Cleveland Clinic's global network of physicians and specialists, and VIGILINT's highly specialized emergency physicians and emergency

preparedness experts, to offer global travelers a 24/7 solution for medical concerns. No matter the scope of your healthcare issue or where you are in the world, GMAP offers immediate access to reputable healthcare providers and comprehensive, individualized care. Available 24/7 with one phone call, GMAP is at additional cost. clevelandclinic.org/gmap

International services

If you're traveling from outside the United States for your Premier Executive Health experience and would like additional assistance, please email intern@ccf.org, or call 216.444.8184 from 8 a.m. to 5 p.m. EST weekdays. clevelandclinic.org/gps

MyChart

After your visit, manage your healthcare online using Cleveland Clinic MyChart. Securely view your test results, renew prescriptions and receive reminders from Cleveland Clinic. clevelandclinic.org/mychart.



Every life deserves world class care.

9500 Euclid Ave., Cleveland, OH 44195

Cleveland Clinic is a nonprofit, multispecialty academic medical center integrating clinical and hospital care with research and education for better patient care. More than 3,500 staff physicians and researchers in 140 medical specialties provide services through 27 clinical and special expertise institutes. Cleveland Clinic comprises a main campus, ten regional hospitals and more than 150 outpatient locations, with 18 family health centers and three health and wellness centers in northern Ohio, as well as medical facilities in Florida, Nevada, Toronto and Abu Dhabi. Cleveland Clinic is currently ranked as the No. 2 hospital in the country by *U.S. News & World Report*. clevelandclinic.org

