



# Premier Executive Health Program



## ► You lead organizations, head projects and manage teams. Now take charge of your own health.

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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, multiday 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 standard executive health visits by offering you:

- An Executive Health coordinator to help you set up your days with us
- A multiday appointment based on your healthcare needs
- An extended pre-visit discussion with an executive health physician
- Access to subspecialists in heart care, cancer care and more.
- Escorted campus navigation to specialist appointments outside of Executive Health
- 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 potential health problems, we'll show you how to help prevent future diseases by making wise lifestyle choices.

### **TAILORED** evaluation

Understanding 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. Our care team will then 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 ways 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 further evaluation.

► **SCHEDULE** your Premier Executive Health appointment today!  
**CALL 216.444.5707**

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**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

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► For more information about the Premier Executive Health Program, call 216.444.5707 or visit [clevelandclinic.org/exehealth](http://clevelandclinic.org/exehealth).

## OTHER Premier Executive Health Resources

### MyChart

After your visit, manage your healthcare online using Cleveland Clinic MyChart. Securely view your test results, renew prescriptions and receive healthcare reminders. [clevelandclinic.org/mychart](https://clevelandclinic.org/mychart)

### 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. GMAP is available 24/7 with one phone call, at an additional cost. [clevelandclinic.org/gmap](https://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 [gpsaccess@ccf.org](mailto:gpsaccess@ccf.org), or call 216.444.6404 from 8 a.m. to 5 p.m. EST weekdays. [clevelandclinic.org/gps](https://clevelandclinic.org/gps)

### Second Opinions

Getting a second opinion in person or [virtually](#) puts you in control of your healthcare journey. Let Cleveland Clinic physicians provide you with information about your options and develop a personalized care plan that's right for you.



**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)

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