



Cleveland Clinic

What to Expect

When you participate in Cleveland Clinic's Executive Health Program, your health becomes the center of attention for a full day. Here is what you need to know to obtain the most from your Cleveland Clinic visit.

A wide-angle photograph of a modern Cleveland Clinic building with large glass windows and a curved facade. In the foreground, there is a landscaped area with a green lawn, a small stream with several large, smooth, light-colored rocks, and a low concrete wall with the 'Cleveland Clinic' logo in green. The sky is blue with scattered white clouds.

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216.444.5707 or 800.223.2273, ext. 45707
clevelandclinic.org/exehealth

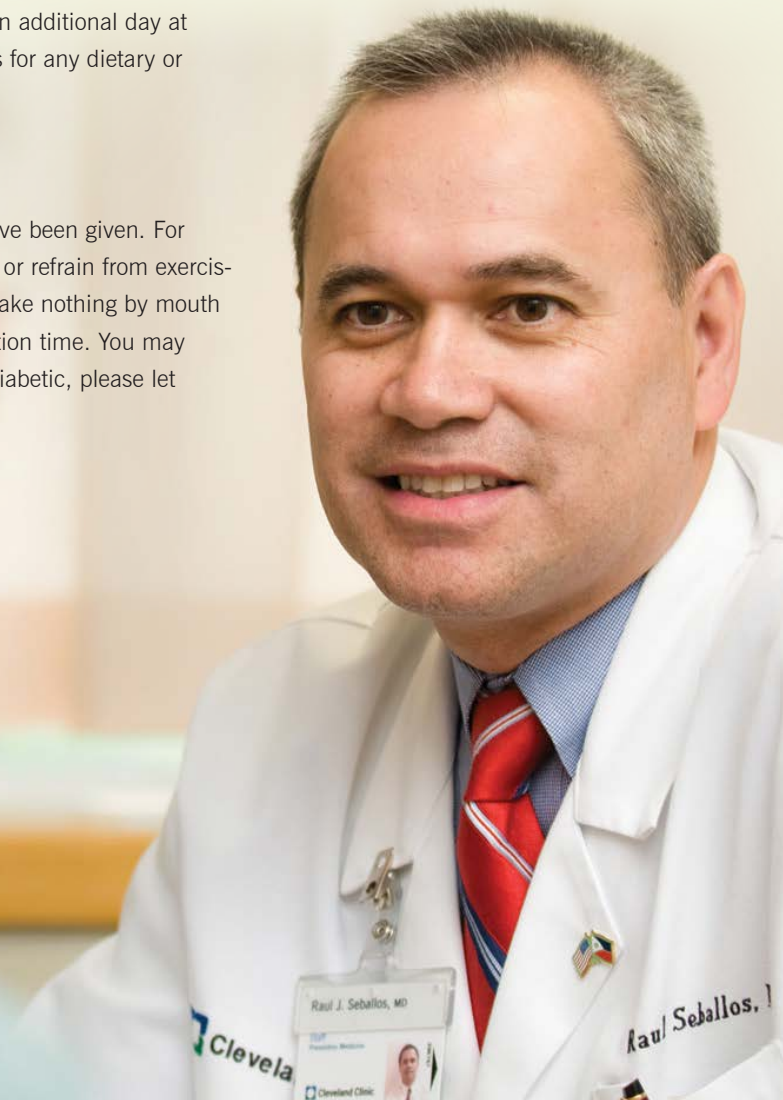
Prior to Your Executive Health Appointment

Please complete our medical questionnaire and fax it to 216.445.2144 as soon as possible. (You can complete it online in MyChart®, if you have a MyChart account). The information will be used to schedule appropriate appointments.

A registered nurse will call you to review your schedule and explain the tests that have been scheduled during your visit. (Special requests for certain tests or appointments may require an additional day at Cleveland Clinic). You will be given instructions for any dietary or activity restrictions that will be necessary.

Day Before

Begin following any special instructions you have been given. For example, you may be advised to avoid caffeine or refrain from exercising. Your lab work requires fasting. You are to take nothing by mouth except water for 12 hours prior to your registration time. You may take any prescribed medications. If you are a diabetic, please let us know in advance.



Appointment Day

WHAT TO BRING

- A copy of your current medication list
- A record of adult immunizations
- Wear or bring your glasses/contacts
- Athletic shoes
- Shorts for stress test, if desired
- Sweater or pullover (optional)
- Laptops and cell phones (allowed in the lounge between appointments)

WHAT IS PROVIDED

- Active wear for your comfort throughout the day (yours to keep)
- Locker to store valuables
- Shower and dressing facilities
- Folder to store your health information
- Light, healthy refreshments

CHECK-IN

Please park using the valet in front of the Crile (A) Building on East 100th Street. You will be given a voucher to pay for your parking when you leave.

Your day will begin on the first floor of the Crile Building at the Executive Health registration desk. When you enter the building, make an immediate left into the first hallway. Straight ahead you will see the door marked “A11-Preventive Medicine.”

Throughout the day, you may visit practitioners on various floors of the A building and other buildings, depending on upon which tests have been prescribed.

After each consultation or test, please return to the Executive Health reception desk. The attendant will direct you to your next location at the appropriate time and will advise you on any dietary restrictions related to testing.

If you have any questions while you are here, the front desk will be your reference point.

AT THE END OF THE DAY

Your Executive Health physician will review available test results with you and provide you with a summary overview of your health.

Within two weeks, you will receive a comprehensive report by mail. This report will include all medical findings and test results, as well as recommendations for addressing potential problems and developing effective strategies for healthy living.

If you have any further questions about your visit, please feel free to call our appointment line at 216.444.5707 or 800.223.2273, ext. 45707.

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Every life deserves world class care.

9500 Euclid Avenue, Cleveland, OH 44195

The Wellness Institute provides preventive and integrative medical services, supported by research and education on lifestyle and health. The institute's mission is to make preventive medicine and wellness the driving force in medicine and society. The Wellness Institute is one of 27 institutes at Cleveland Clinic, a nonprofit academic medical center ranked among the nation's top hospitals by *U.S. News & World Report*. More than 3,000 physicians and researchers in 120 specialties at Cleveland Clinic collaborate to give every patient the best outcome and experience.
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