Take this opportunity to safeguard your health.
Proactively seeking to optimize your health and well-being pays off not just for you, but also for your family, employer, community and all who depend on you.

Call today. Isn’t your health worth it?

Whether you’re an executive, working parent or active individual, your time is at a premium. You’re heading from one appointment to the next. Dashing from work to day care. Rising early to visit the gym. Traveling to conferences. Volunteering in your community. Caring for your aging parents.

It’s important to make time to care for yourself, because optimal health is key to an active, meaningful life. You want the very best healthcare so that you’ll be around for your children and grandchildren, and will be able to travel and enjoy the other pleasures of retirement. Yet you want premier service, with minimal waiting.

Cleveland Clinic healthcare professionals understand this. For that reason, we have combined world-class medical and wellness services to bring you the most comprehensive, streamlined Executive Health Physical Examination available.

Cleveland Clinic is consistently ranked among America’s top hospitals by U.S. News & World Report, and our preventive medicine specialists are pioneers in Executive Health and Wellness, seeing approximately 2,800 patients per year since 1972.

We have transformed the traditional executive physical from a data-gathering exam into an integrated, head-to-toe evaluation by some of the top medical staff in the world.
As an added benefit, you will see experts in nutrition, fitness, and personal and executive coaching.

**BENEFITS OF OUR EXECUTIVE HEALTH EXPERIENCE**

Cleveland Clinic Executive Health Physical Examinations, offered through our Wellness Institute’s Department of Preventive Medicine, are tailored to meet your needs. Our standard examination requires just six to eight hours of your time.

Your Executive Health Physical Examination is geared to:

- Discover potential health problems
- Target, reduce and eliminate medical risk factors
- Facilitate prompt, expert and compassionate care for injuries or illness
- Promote wellness, including nutrition, fitness and stress management

Afterward, you’ll feel confident in your health status, know the action steps you need to take, and possess your own personal road map to better health and wellness.

If you need specialty consultations, you will have priority access to more than 120 Cleveland Clinic medical and surgical experts, many of them top-ranked in the world. Generally, consultations can be arranged within 48 hours.

The results will change your life — and perhaps even save it, as some of our Executive Health Program patients can attest.
“I was strong as a bull and worked out five days a week. I don’t know what other people think, but I thought I was Superman. I’m so thankful to Cleveland Clinic.”

Cleveland CEO Paul Hanna, a former pro football player, signed up his senior leadership team for Executive Health Physical Examinations at Cleveland Clinic. Confident he’d pass his with flying colors, Mr. Hanna was shocked to learn that he had an aortic aneurysm — and that it would likely burst within three to six months. Mr. Hanna was referred to our Sydell and Arnold Miller Family Heart & Vascular Institute for surgery. Today, he is as strong and active as ever.
Your Comprehensive Health Exam

Cleveland Clinic’s Executive Health Physical Examination may include the following but is customized for you:

**MEDICAL HISTORY PHYSICAL**
- A detailed history and physical examination, providing an assessment of your overall physical health.

**COMPREHENSIVE LABORATORY TESTS**
- Complete blood count.
- Cholesterol and lipid profile, and test for CRP (C-reactive protein) and other markers for atherosclerosis to determine your risk for heart attack or stroke.
- Urinalysis and blood chemistries to detect problems such as diabetes, thyroid abnormalities, liver disease and kidney disorders.
- PSA (prostate-specific antigen) blood test for at-risk males to detect levels of this prostate cancer marker.
- Test for levels of testosterone, a male hormone.
- Vitamin D, Vitamin B₁₂ and iron levels.

**WEIGHT, FITNESS AND STRESS EVALUATION**
- Nutrition Consult and Body Composition Test
  - The nutritional consult involves meeting with one of our registered dietitians, who will determine your body fat composition and calculate your personalized caloric energy equation. Our registered dietitians translate cutting-edge, evidence-based scientific findings into real-life nutritional practice.
  - They will demonstrate the vital role that diet can play in every part of your life, from disease prevention to your optimal health and well-being.

- Fitness Consultation
  - A Cleveland Clinic Sports Health exercise physiologist will establish a specific fitness plan for you, based on your physician’s recommendations, your personal goals and your activity level. Whether you are training for a marathon or just starting a fitness regimen, you will learn to make the most of your exercise time. We will tailor recommendations to suit your busy schedule and available equipment. We will also provide tips for exercising on the road and recommendations for home exercise equipment, if desired.
“You’re working every day for everyone else. You need to take a day for yourself and make sure you can continue, not only for your employer, but more importantly your family.”

Kristine McGivney, a corporate treasurer from Cleveland, went for an Executive Health Physical Examination like all the officers at her company. One breast exam, mammogram and ultrasound later, she was diagnosed with an aggressive form of breast cancer. Fortunately, it was discovered early. Today, after surgery, chemotherapy and radiation at Cleveland Clinic’s Taussig Cancer Institute, Ms. McGivney is cancer-free — not to mention a mammogram advocate and founder of a women’s cancer support group at her church.
Personal and Executive Coaching
This confidential session with an executive coach will show you how to manage your response to stress and achieve a fulfilling, balanced life. Not a therapy session, this collaborative, action-oriented experience builds on your strengths to identify short- and long-term action steps for optimal performance and personal achievement.

Visual Health Evaluation

- Fundus Photography
  Use of a special camera to obtain a color image of the eye’s interior to reveal abnormalities related to diabetes, high blood pressure or other problems that threaten vision. Images are evaluated by our retinal specialists at Cole Eye Institute (ranked among the top 10 ophthalmology programs by U.S. News & World Report.)

- Visual Acuity Test
  Vision screening.

- Tonometry
  A check of pressure within the eye to screen for glaucoma.

- Refractive Services
  Available if you need eyeglasses or contact lenses.

Cardiac Health Evaluation
From the heart program ranked No. 1 by U.S. News & World Report.

- Resting Electrocardiogram (EKG)
  A recording of electrical activity within the heart. EKG abnormalities may signal potentially serious heart problems that are treatable when detected early.

- Cardiac Stress Test
  A treadmill-exercise EKG test to screen for unrecognized coronary artery disease, high blood pressure (hypertension) and abnormal heart rhythms (arrhythmias).

- BpTru® Blood Pressure Readings
  A series of automatic readings that provide a more accurate blood pressure measurement.

Auditory Health Evaluation

- Audiogram
  An evaluation of your hearing, along with recommendations for hearing preservation or hearing amplification, as needed.

Pulmonary Health Evaluation

- Spirometry
  This test of breathing function helps to detect emphysema, bronchitis, asthma and other airway problems.

- Chest CT Scanning
  This screening tool is for those at high risk of lung cancer (over age 50, with a smoking history of one pack a day for 30 years or two packs a day for 15 years).
“The South Florida business community is extremely fortunate in having Cleveland Clinic Florida as a healthcare resource. When it comes to their health, far too many executives neglect what is one of their own most important strategic advantages — themselves.”

CEO Wayne Huizenga, owner of several pro sports teams as well as Blockbuster video, couldn’t find time to focus on his health until he discovered our program. The convenience, one-on-one care and access to sophisticated technology impressed him and his wife, Marti, enough to lend their support — and their name — to what is now The Huizenga Executive Health Program at the Attarian-Huizenga Executive Health Suite in Florida.
VACCINATIONS

- Adult vaccinations, reviewed and administered as needed.

BONE DENSITOMETRY

- A test to determine your risk of bone fractures, one of several factors that predict the risk of osteoporosis. (Others include previous bone fractures, age, small body and bone size, tendency to fall, and early osteoporosis in the family.)

NONINVASIVE VASCULAR SCREENING

- Abdominal Aortic Ultrasound
  An ultrasound probe applied to the abdomen to measure the size of the aorta, the body’s main blood vessel that delivers blood to vital organs and the limbs. Enlargement of the abdominal aorta beyond 3 centimeters may suggest an aneurysm.

- Ankle-Brachial Index (ABI)
  This test involves measuring blood pressures in the arms and ankles with a cuff while a Doppler device is applied to listen to blood flow. The ABI is the ratio of blood pressure in the arms compared with that in the legs. A normal ABI is typically greater than 1. A lower ABI in either leg indicates peripheral artery disease caused by plaque buildup in the arteries. An abnormal ABI also indicates increased risk for heart attack and stroke.
"My physician is very forward-thinking and comes up with proactive, progressive solutions tied to healthier lifestyles. I recommend the Executive Health Program to all my friends."

Jean Covelli, a travel executive from Buffalo, New York, had no medical concerns in 2007 when she went for her Cleveland Clinic Executive Health Physical Examination. When papillary thyroid cancer was discovered, she had it removed by a Cleveland Clinic endocrine surgeon. Today, she is a grateful survivor with a clean bill of health.
Women face many of the same health concerns as men, such as heart disease and cancer, but they have unique health considerations as well. The Executive Health Program for Women addresses these needs.

Top health and wellness experts will offer you a comprehensive array of leading-edge diagnostics, treatments and lifestyle management techniques. More than a simple physical, this head-to-toe evaluation will provide you with the knowledge and tools you need to take charge of your health.

The evaluation includes a:

- Comprehensive physical examination, including a complete lab panel.
- Bone density test.
- Electrocardiogram.
- Audiogram and basic vision test.
- Mammogram to reveal any changes in breast tissue.
- Pelvic exam, including a Pap test.
- Complete written report of all your results.
“Anyone within earshot has heard about my experiences at Cleveland Clinic Canada. I have never had a more complete and thorough medical examination. The entire team was personable, attentive, professional and genuinely concerned about me; it was my day.”

Stephen Tsotsos, DDS, has practiced dentistry in Toronto for more than 30 years. He is the first member of the Ontario Dental Association — representing 6,500 dentists throughout the province — to participate in Cleveland Clinic Canada’s Executive Health Program, and willingly shares his enthusiasm about the experience with colleagues.
Cleveland Clinic Executive Health Physical Examinations may also include the following options at additional cost. (These may require an extended stay.)

☐ CT Angiography of the Coronary Arteries
A computed tomography (CT) imaging test to determine whether fat or calcium deposits have built up in the coronary arteries of the heart.

☐ Total Body Scan
A CT study to help identify potential problems and diseases before symptoms appear. The scan looks at five major areas: the heart, major blood vessels, lungs, abdomen and pelvis.
A total body scan includes:

- **Calcium-score screening** to detect any calcium deposits in plaque lining the arteries of the heart.
- **Low-dose radiation lung CT** scan for the early detection of cancers too small to be seen on chest X-ray (which are most likely still curable by surgery).
- **Abdominal and pelvic CT scans** to evaluate the liver, kidneys, abdominal aorta and internal organs for growths or structural abnormalities.

☐ International Travel Health Clinic
An appointment with board-certified travel medicine specialists from the Department of Infectious Disease, providing access to immunizations, updates on health regulations and travel advisories for international trips.

☐ Dermatology Consultation
A complete skin examination by our dermatologist, checking for skin cancer and examining rashes, moles and other lesions.

☐ Cosmetic Surgery Consultations
A full range of cosmetic procedures, available at Cleveland Clinic; arranged upon request.

☐ Ophthalmology Consultations
Evaluation and/or treatment by experts from Cole Eye Institute, if desired.
Your Next Steps

To schedule an Executive Health Physical Examination at Cleveland Clinic’s main campus, call 216.444.5707 or 800.223.2273, ext. 45707.

To schedule an Executive Health Physical Examination at Cleveland Clinic Florida, call 954.659.5380 or 800.729.5258.

To schedule an Executive Health Evaluation at Cleveland Clinic Canada, please call 416.507.6600 or 888.507.6885.*

For more information about the Cleveland Clinic Executive Health Program, call 216.986.1236 or visit clevelandclinic.org/exechealth.

BEFORE YOUR APPOINTMENT

Prior to your Executive Health visit at Cleveland Clinic, you will receive a packet by mail containing an in-depth health questionnaire, as well as driving and parking directions.

You will also receive a pre-visit call to go over your medical history, determine your individual needs, review your schedule and explain any planned tests. Special instructions for fasting or other dietary or activity restrictions will also be explained, and you will have the opportunity to ask questions.

FOLLOWING YOUR EXAM

Following your physical examination, you will meet with your Executive Health physician, who will summarize the team’s findings, and thoroughly discuss test results and any recommendations for follow-up tests. If your physician identifies a potential or existing problem requiring further evaluation, he or she will arrange priority access to the appropriate Cleveland Clinic specialist for an in-depth assessment. We can also provide you and your primary care physician with a comprehensive report.

LEADERSHIP WELLNESS

Implementing an executive health benefit is a long-term investment for any organization. It represents the first step in building a corporate culture focused on wellness and prevention, and ensures the vitality of your leaders for years to come. That’s why more than 200 companies send their top leaders to us for Executive Health Physical Examinations each year. Our corporate health consultant will assist you in determining your organization’s needs. To learn more about our volume-based discounts, please call 216.986.1236 or email exechealth@ccf.org.
Global Patient Services: A Medical Concierge to Assist You

If you are traveling to Cleveland Clinic from another state or country, our Global Patient Services team will help facilitate and coordinate appointments, accommodations, transport and translation services for you and those traveling with you. If you are from out of state, call 800.223.2273, ext. 55580, or email medicalconcierge@ccf.org. If you are from out of the country, call 001.216.444.8184 weekdays from 8 a.m. to 5 p.m. ET, or email interna@ccf.org.

Cleveland Clinic Global CARE: Peace of Mind for Avid Travelers

Global CARE (Critical Care Air Rescue and Evacuation) brings Cleveland Clinic to you, day or night, with one phone call. If you are hospitalized more than 150 miles from home and cannot travel by commercial means, our medical staff and flight crews will transport you to Cleveland Clinic or the facility of your choice — a benefit most travel insurers do not provide. Our fixed-wing aircraft fly anywhere in the world. There are no pre-existing medical condition restrictions. For information on individual and family plans, call 866.442.5092, visit clevelandclinic.org/globalcare or email ccglobalcare@ccf.org.

* Cleveland Clinic Canada, in accordance with the Canada Health Act, serves the medical, health and wellness needs of Canadians with an executive health program, specialty consultations, outpatient diagnostics and medical procedures.
Cleveland Clinic’s Executive Health team evaluates and counsels more than 2,800 men and women each year. Our four full-time Preventive Medicine Executive Health physicians are supported by specialists in Exercise Physiology, Nutrition and Personal Coaching.
Our Physicians

Richard S. Lang, MD, MPH, FACP, Chairman of Preventive Medicine and Vice Chair of the Wellness Institute, leads the Executive Health team. Certified by the American Board of Internal Medicine and the American Board of Preventive Medicine in Occupational Medicine, he is a fellow of the American College of Physicians and the American College of Preventive Medicine. He also is qualified as a Federal Aviation Administration medical examiner to perform Class I, II and III medical certification examinations for pilots. Dr. Lang is a magna cum laude graduate of Harvard College, and earned his doctorate from the University of Cincinnati College of Medicine and his master’s in public health from the University of Michigan. He has been Chairman of General Internal Medicine and Associate Program Director of the Internal Medicine Residency Training Program at Cleveland Clinic. Dr. Lang is editor-in-chief of Men’s Health Advisor and co-edited two editions of the comprehensive textbook Clinical Preventive Medicine.

Raul J. Seballos, MD, FACP, Vice Chairman of the Preventive Medicine Department, is primarily interested in preventive medicine, cardiovascular disease risk assessment, and adult attention-deficit/hyperactivity disorder. Board-certified in internal medicine, Dr. Seballos is a fellow of the American College of Physicians, and a member of the American College of Preventive Medicine and the American Medical Association. After graduating from Case Western Reserve University, Dr. Seballos earned his medical degree from the Medical College of Ohio at Toledo. He completed an internal medicine residency at St. Luke’s Medical Center in Cleveland, followed by a pulmonary and critical care medicine fellowship at Cleveland Clinic.
Steven E. Feinleib, MD, joined the staff of Cleveland Clinic in 2002. Prior to joining the Executive Health Program, Dr. Feinleib treated patients in General Internal Medicine at Cleveland Clinic's Beachwood Family Health and Surgery Center. He completed his undergraduate training at Cornell University, his medical degree at the University of Maryland School of Medicine, with internship and residency training at University Hospitals of Cleveland. He is certified by the American Board of Internal Medicine. Dr. Feinleib's specialty interests include metabolic syndrome, hypertension, hyperlipidemia and diabetes management.

Roxanne B. Sukol, MD, MS, shares her passion for preventive medicine and wellness as a contributor to local newspapers and media, focusing on prevention and management of diabetes, obesity and cardiovascular disease. Certified by the American Board of Internal Medicine and a member of Alpha Omega Alpha, Dr. Sukol practiced internal medicine in Cleveland for 12 years before joining Cleveland Clinic’s staff. She is a graduate of Rutgers University. She earned her medical degree from Case Western Reserve University School of Medicine, with distinction in Biomedical Ethics, and completed a residency in internal medicine at MetroHealth Medical Center. Her specialty interests include preventive medicine, prevention of diabetes and obesity, stress management, primary care of women, anxiety and depression, asthma, allergies, and musculoskeletal and chronic pain.
Our Registered Dietitians

Mira Ilic, MS, RD, LD, has special interests in wellness, obesity and women’s health. She received a bachelor’s degree in psychology and a master’s degree in nutrition from Case Western Reserve University, and is both a registered and licensed dietitian. Ms. Ilic’s professional work has taken her to France, where she provided weight management counseling and helped create a cookbook for the American School in Paris. She is a member of both the American Dietetic and Ohio Dietetic associations.

Maxine M. Smith, RD, LD, has focused on women’s heart health, weight loss, wellness, and renal and diabetic nutrition during her 22 years of experience in nutritional assessment and counseling. She earned a bachelor’s degree in dietetics from the University of Akron, and is a member of the American Dietetic and Ohio Dietetic associations. She is also certified by the American Dietetic Association in Adult Weight Management.

Lindsay Malone, MS, RD, LD, has specialty interests in preventive health, wellness, sports nutrition and oncology. She received a Master of Science degree in Public Health Nutrition from Case Western Reserve University. Ms. Malone is an active member of the national, state and local chapters of the American Dietetic Association and is credentialed by the Commission on Dietetic Registration.

Our Audiologist

Beth Gramuglia is a licensed audiology aide and certified occupational hearing conservationist in Cleveland Clinic’s Head & Neck Institute with a specialty interest in hearing conservation. She received a degree in speech and hearing from Cleveland State University. She is certified by the Council for Accreditation in Occupational Hearing Conservation and licensed by the Ohio Board of Speech-Language Pathology and Audiology.
Our Executive Coaches

**Kathleen M.H. Alcorn, MISSA, LISW-S**, received her undergraduate degree in psychology from John Carroll University and her master’s degree from Case Western Reserve University. She has been a member of the Executive Health team as a wellness coach for the past four years and has been employed at Cleveland Clinic for a total of 17 years. Ms. Alcorn received biofeedback training from Jerry Kiffer, MA, who is also on the Executive Health team.

**Kenneth G. Alexander, MEd, PC**, received his undergraduate degree and master’s degree from Cleveland State University. He has worked for the Cleveland Clinic for 25 years. Mr. Alexander’s professional interests include providing stress management and coaching to professional athletes and clergy. He has been a member of the Executive Health team as a wellness coach for the past five years.

**Jerome (Jerry) F. Kiffer, MA, BCB**, is a board-certified biofeedback therapist. His experience includes working for 34 years as a biofeedback therapist and consulting with business and educators. He authored a 2007 journal article, “Biofeedback and Executive Coaching to Increase Life Satisfaction,” and he has published book chapters on the treatment of stress problems. Mr. Kiffer, who joined Cleveland Clinic in 1975, holds a master’s degree in psychology, and has completed doctoral coursework in psychology at Case Western Reserve University. He is the author of SOLAR (Spreadsheet of Life and Responsibilities), an instrument assessing quality-of-life and well-being, which has been used at the Executive Health Program since 2003.
Our Exercise Physiologists

Heather Nettle, MA, is Coordinator of Exercise Physiology Services for Cleveland Clinic Sports Health and Orthopaedic Rehabilitation. She has extensive experience in fitness needs at all ages, with a special interest in the relationship between fitness and aging. Ms. Nettle focuses on sports performance and wellness, and is actively involved in the Run Smart performance program for runners. She chairs Cleveland Clinic’s Sports Health and Fitness Committee and is a member of many of our family health center wellness committees, helping to develop healthy lifestyle incentives and services for employees. She received a bachelor’s degree in athletic training from the University of Mount Union and a master’s degree in exercise physiology from Kent State University.

Christopher Travers, MS, educates adults and adolescents on the importance of rewarding, non-competitive exercise for the improvement of overall health. On staff in Cleveland Clinic Sports Health, he is an active member of its Health and Fitness and Train Right committees. Mr. Travers earned his bachelor’s degree in interdisciplinary studies from Concord College and his master’s degree in exercise science from Marshall University. The former collegiate athlete has worked with athletes at the Olympic, professional and college levels and is also certified by the International Youth Conditioning Association as a Youth Fitness Specialist.

Our Administrator

Cheryl Adams, RN, BA, MBA, Administrator of the Department of Preventive Medicine, manages our Executive Health Program. A registered nurse, Ms. Adams received her bachelor’s degree in allied health from Hiram College. She went on to pursue her master’s degree in business from Indiana Wesleyan University. Prior to joining Cleveland Clinic, Ms. Adams worked for Medical Mutual of Ohio. She joined Cleveland Clinic in 1994 as Case Management Director. In her current role, Ms. Adams oversees daily operations, personnel, budget, and financial and strategic planning for the Department of Preventive Medicine.
Our Nurses

FROM LEFT TO RIGHT:
Maria Eckhouse, RN
Jeff Jones, RN
Anne Sombat, RN
Linda Ricchiuto, RN

Our Support Staff

FROM LEFT TO RIGHT:
Marie Nolan
Dana Coleman
Elissa Sevier-Thomas
Donna Marinic
Theresa Bloom
Latrice Fellows
Sharon Barbaro
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.
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.

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.

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. Phones are staffed weekdays from 8 a.m. to 5 p.m. EST.
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 866.320.1385.
clevelandclinic.org/exechealth