

# Executive

## HEALTH



Penn Medicine's Executive Health Program provides the best possible preventive and health-promoting services for individuals and corporate employees who are focused on maintaining health and mitigating the impact of existing medical conditions. The Program offers direct access to customized diagnostic and consultative health services, including a comprehensive assessment by a Penn Medicine internal medicine specialist, laboratory and radiologic testing, sophisticated screening procedures and up-to-date evaluations for nutrition and fitness.

### PRIOR TO YOUR CUSTOMIZED EXECUTIVE HEALTH ASSESSMENT

A Penn Medicine physician will conduct a scheduled, pre-visit phone consultation and review your medical records. The Penn Medicine internist will consider your entire health picture, taking into account medical history, age, genetic predispositions and risk factors. The phone consultation will provide a forum for you to discuss any particular concerns about your health and allow the physician to consider any additional screenings that may be required.

### ON THE DAY OF YOUR HEALTH ASSESSMENT

You will arrive at the Perelman Center for Advanced Medicine where valet parking is complimentary. Patients traveling from out of town can be provided with assistance for accommodations and local transportation to the appointment. You will be met by a representative from Executive Health who will escort you to our comfortable, private suite. The Executive Health suite includes wireless internet access and a computer for any patient who may need to conduct business in between their appointments. Depending on your schedule, breakfast, lunch and healthy snacks will also be provided.

Your visit with the internal medicine specialist will include a complete medical history, family history, risk assessment, and thorough physical examination. A review of any necessary immunizations and vaccines will also be provided. Your fitness assessment will be managed by a trained, licensed physical therapist, while the nutrition consultation will be conducted by a licensed dietician, aimed at optimizing your diet for good health and to reduce the risk of illness.

### FOR MORE INFORMATION OR TO SCHEDULE AN EXECUTIVE HEALTH ASSESSMENT:

Call: **215.662.4334**

Email: **[ExecutiveHealth@uphs.upenn.edu](mailto:ExecutiveHealth@uphs.upenn.edu)**

Visit: **[PennMedicine.org/PennSignatureServices](http://PennMedicine.org/PennSignatureServices)**



## LABORATORY AND RADIOLOGIC SCREENINGS

- Complete blood count to evaluate for anemia and other hematologic disorders
- Complete metabolic panel to assess for diabetes, kidney disorders and other metabolic problems—A1C included when appropriate
- Cardiac risk profile, including lipid panel and advanced studies, to assess for cardiovascular and cerebrovascular risk
- Urinalysis to screen for urologic and kidney disorders
- Thyroid testing for over or underactive thyroid disorder
- Prostate specific antigen (PSA) to screen for prostate cancer, if necessary, as decided between you and the physician
- Electrocardiogram (EKG) to screen for cardiac disease, including coronary and electrophysiologic problems
- Rapid CT scan of the heart for coronary calcium score, or exercise stress test when indicated
- Audiometric testing to detect hearing problems
- Vision testing and evaluation for ocular health
- Chest X-ray for suspected cardiac or pulmonary issues.
- PAP smear and bilateral mammography can be scheduled the same day as your health assessment

## ADDITIONAL TESTS AND CONSULTATIONS

If indicated and decided upon in your pre-visit consultation, other tests and consultations can be arranged for the day of your visit with additional charges.

- Dermatology consultation to evaluate skin and specific dermatologic conditions
- Comprehensive ophthalmology evaluation to assess visual health and screen for eye conditions such as cataracts and glaucoma
- Chest CT scan for lung cancer screening for patients at risk
- Dexascan to screen for osteoporosis for patients at risk
- Colonoscopy for colon and rectal cancer screening can be scheduled for an alternate date.
- Genetic counseling to assess inheritable diseases and family risk can be scheduled for an alternate date.

At the end of your comprehensive Executive Health Assessment, you will receive a personalized report including test results, exam findings, nutrition and fitness advice, and physician recommendations. If follow up care is recommended or requested, our Executive Health team can make those appointments with Penn Medicine specialists.

Your Penn Medicine Executive Health assessment is designed to provide you and your employees with an optimal patient experience as well as providing the most advanced diagnostic and preventive health care available today.

*Thank you for choosing Penn Medicine.*

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