



Executive Health Program Offering

Full-Day Physical

- Customized and comprehensive full day health examination including nursing intake (six to eight weeks prior to exam), lab work, testing, imaging and multiple specialist consults
- Personalized health assessment and wellness plan
- Healthcare navigator to coordinate follow-up labwork, imaging, referrals, and health & wellness guidance
- Concierge services for one year:
 - Next day visit with internist
 - Access to health care navigator
 - Assistance with follow-up appointments within Atlantic Health System
 - Premium access to referral of physicians nationwide
 - Secure USB flash drive with personal health information if requested
 - Health and wellness educational materials
 - Car service and overnight accommodations (night prior to exam) if needed for travel convenience
- Exam recommended every 3 years

Health and Wellness Half-Day Physical

- Extensive laboratory analysis collected in advance of exam day (labs put through insurance and script sent to client)
- Review of medical history and complete health risk assessment
- Comprehensive physical examination by board-certified physician
- Electrocardiogram
- Pulmonary function testing (spirometry)
- Audiometry (hearing screening)
- Visual acuity
- Full body skin cancer screening with board-certified physician
- Personalized health and wellness
 - Body composition and bone density assessment by DEXA
 - Nutritional consult
 - Fitness Assessment: RMR/EMR/VO2 and personalized exercise prescription
- Review of test results and medical findings with physician
- Written report of results and recommendations from day of exam
- Continuation of annual concierge services

For more information, please contact us at:
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**Atlantic
Health System**