

Executive Health Program

For over 25 years, Vanderbilt University Medical Center has been taking care of executives throughout the Southeast with health and wellness programs targeted to their special needs. At the **Vanderbilt Dayani Center** complete and comprehensive physicals are provided in one convenient location, in less than one day. The assessments are customized to each individual's needs and are arranged to accommodate hectic schedules.

Vanderbilt's Executive Health Program takes place at the Dayani Center located at the **Vanderbilt Medical Center** in Nashville, Tennessee. This program is an annual comprehensive health assessment that includes the following:

BASIC PACKAGE

- ◆ ***Healthy Breakfast***
- ◆ ***Medical History with Physician Consultation and Lifestyle Counseling***
- ◆ ***Comprehensive Physical Examination***
 - Vital Signs
 - Visual Acuity
 - Audiometry
 - Spirometry
 - Occult Blood Analysis
 - Dip-Stick Urinalysis with Specific Gravity
 - EKG
 - Pap Smear (Women only)
 - Hematocrit
 - Skin Cancer Screening
 - Bone Density Screening (Women only)
- ◆ ***Comprehensive Metabolic Panel***
 - Blood Glucose
 - BUN (blood urea nitrogen)
 - Calcium
 - Uric Acid
 - SGOT
 - Alkaline Phosphatase
 - Electrolytes including Potassium, Sodium, and Chloride.
- ◆ ***Lipid Panel***
 - Total Cholesterol
 - LDL Cholesterol ("bad" cholesterol)
 - HDL Cholesterol ("good" cholesterol)
 - Triglycerides (blood fats)
- ◆ ***PSA & Digital Rectal Exam*** (males over 50)
- ◆ ***Tetanus-Diphtheria Booster***
- ◆ ***Personal Health Profile (optional)***

COMPREHENSIVE PACKAGE

(Includes Basic Package and the following test)

◆ **Treadmill Stress Test with Fitness Evaluation**

A treadmill stress test is a test commonly used to diagnose coronary artery (heart) disease. This test also measures your fitness level in the areas of endurance and aerobic capacity. During this test, a 12-lead EKG will be recorded. This test will be supervised by a physician and a Master's or Doctoral-level Exercise Physiologist.

If a person has 2 or more risk factors for coronary artery disease, it is often recommended that they receive a maximal treadmill test. Coronary artery disease risk factors include the following:

- 1) Age (Men > 45 years; women > 55)
- 2) Family History of coronary artery disease
- 3) Current cigarette smoking
- 4) Hypertension (Blood pressure \geq 140/90 mm Hg)
- 5) Hypercholesterolemia (Cholesterol > 200 or HDL < 35)
- 6) Diabetes mellitus
- 7) Sedentary lifestyle/physical inactivity

If you do not have any of the above risk factors and would like to undergo this procedure, you may do so. This evaluation is also a good method of follow-up to see what improvements have been made in comparison to your last test.

Prior to the treadmill test, a body fat composition analysis will be performed to determine body fat percentage. Following the treadmill test, an assessment will be taken of upper and lower body strength by using the bench press and leg press machine. A sit-n-reach test will be performed in order to measure the client's flexibility, and a one-minute sit-up test will be conducted to measure endurance.

At the completion of this exam, the client receives a personal report from an Exercise Physiologist that:

- outlines individual results relative to health risk factors
- provides personalized recommendations
- motivates and educate about how to adopt a healthier lifestyle
- recommends how to start a personal exercise program
- includes a personal training session

ADDITIONAL TESTING SERVICES:

(Available as requested)

◆ **Chest X-ray** (PA & Lateral Views) -

This test gives a visual picture of the lungs, heart, and bony structures of the chest. It is recommended annually for smokers, those with a family history of lung disease or who are symptomatic. It is suggested once every five years for individuals who are asymptomatic, (non-smokers with no family history).

◆ **Mammogram** -

It is recommended that screening mammography with concurrent clinical breast examination occur every 1-2 years for women aged 40-49 and every year for women aged 50-69.

◆ **Ophthalmology** -

Vision screening is a component of the physical; however, the client has the option to receive a complete eye exam performed by an Ophthalmologist on the day of the physical. This exam is performed in the Ophthalmology Department at VUMC.

◆ **Flexible Sigmoidoscopy**

This is an examination of the lower colon or large bowel that screens for polyps, tumors, diverticulitis, and other diseases of the colon. If polyps are found, they will be removed and analyzed as part of the procedure. It is recommended to perform an initial exam at age 50, then every 3-5 years with a family history.

◆ ***Double Air Contrast Barium Enema -***

This x-ray examines the entire colon or large bowel in detail. This test screens for the same lesions as the flexible sigmoidoscopy. This study is performed without sedation. If any abnormalities are seen in either the flexible sigmoidoscopy or the barium enema, a follow-up colonoscopy may be recommended. Colonoscopy usually requires intravenous sedation and the individual must be accompanied. If a colonoscopy is deemed necessary, referral can be made to a gastroenterologist on staff at Vanderbilt or to a gastroenterologist of the person's choice.

◆ ***Upper GI -***

This test is a visual picture of the upper digestive tract, and it is useful for recognizing ulcer disease or esophageal reflux. This test is recommended for those who are having digestive tract symptoms such as change in digestion, lack or change in appetite or unexplained weight loss.

◆ ***Hearing Test -***

A component of the physical is a hearing screening; however, it is possible to schedule an appointment with an audiologist to determine the client's hearing sensitivity. This test is conducted by a Puretone Threshold Search in a soundproof booth.

Any additional tests or appointments with other Vanderbilt Healthcare Providers, can be arranged for a same day visit. Any referrals for follow up care, can be scheduled by our executive health staff.

HEALTH EDUCATION CONSULTATIONS

◆ ***Physical Therapy Consultation -***

Our physical therapists are experts in treatment and prevention of orthopedic injuries. They perform a wide range of evaluation services, which can include the entire musculoskeletal system or be specific to an injury or problem area. All evaluations will include assessment of strength flexibility and range of motion. Following your assessment, the data will be compiled and you will receive an individualized program to address your deficits and help you overcome both chronic and acute problems and to prevent future problems.

◆ ***Nutrition Consultation -***

Executive Physical Clients have the opportunity to meet with a Registered Dietitian for a one-half hour counseling session. Prior to the appointment, the individual will receive a diet diary to be completed and returned on the day of their physical. A Registered Dietitian will review the analysis and provide additional nutrition counseling, tailored to the client's needs.

◆ ***Individual Health Mentoring –***

Health mentoring is provided *over the phone* and through the *Internet* by a registered dietitian or health care professional that will help you identify areas of concern to you. A plan of action will be decided upon and implemented. There will be study guides on health related topics and regular appointment times for discussion, motivation and problem solving as you work toward your goal. The program is individualized lifestyle management changes that can take you from the "knowing" to "doing".

◆ ***Health and Wellness Coaching Consultation –***

This consultation is aimed at helping individuals make changes to improve their health and happiness. This private counseling session addresses the wellness goals identified by the customer: common topics include stress management and motivation for making healthy lifestyle changes (such as sticking with exercise and a healthier diet). Our Coaching Consultation is provided in a confidential manner by a Licensed Clinical Health Psychologist with 15 years experience in Health and Wellness.

◆ ***Personal Training Session -***

Clients have the opportunity to work with a master's level exercise specialist. This specialist, with their expertise in Exercise physiology, will create an individualized fitness prescription. This one-hour session can help the client start a personal program or improve an existing one.

◆ **Individual Smoking Cessation Consultation -**

The client can work with a nurse practitioner with 13 years experience in working with individuals who wish to quit the use of tobacco. As a former smoker herself, our expert will spend time one-on-one to address all aspects of quitting smoking, including prescribing the proper pharmaceutical that fits the individual's needs. Eight sessions are recommended for tobacco cessation counseling and support.

Other Services

◆ **Massage Therapy -**

A 30-minute massage is a great way to relax and end your busy day of testing.

◆ **Travel Clinic –**

Traveling

to a foreign land shouldn't require traveling all over town first. The **Vanderbilt International Travel Clinic** is your single, complete source for all the health-related services you'll need to stay well and enjoy your time abroad.

Whether you're traveling for business or pleasure, you may need medical preparation. In almost every foreign country, you can be exposed to conditions such as poor sanitation and food preparation practices along with infectious diseases which are rare in the United States. Immunizations to protect you from these illnesses are recommended for travel to many countries.

As a benefit of having your physical at the Vanderbilt Dayani Center, you will be enrolled in My Health at Vanderbilt. This is a secure online medical access to your personal medical information. What can I do with My Health at Vanderbilt?

With My Health at Vanderbilt you can:

- ◆ *See Lab Results*
- ◆ *Ask your caregiver questions*
- ◆ *Request new appointments*
- ◆ *View your personal medical information*
- ◆ *Pay Vanderbilt bills*
- ◆ *Read relevant medical information*
- ◆ *Anytime from Anywhere*

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