

EXECUTIVE HEALTH ASSESSMENTS

from Houston Methodist Wellness Services



HOUSTON
Methodist[®]
LEADING MEDICINE

One day of preventive care can establish
a framework for long-term health.

To learn more about our Executive Health Assessment packages,
contact Houston Methodist Global Patient Services at
mypena@houstonmethodist.org or call **+1.713.441.2340**.



To accomplish great things,

YOU NEED GOOD HEALTH.

In your world, busy is an understatement and prioritizing your time is essential to your success. With so much to do and so many people counting on you, staying on top of your health is more important than ever.

In less than a day, an Executive Health Assessment from Houston Methodist will provide you with the answers you need to understand and manage your health today, and the tools you need to plan for a long and healthy tomorrow.

Customized care. World-class physicians. State-of-the-art facilities.

When it comes to your health, it's best to choose a partner that shares your high expectations. Houston Methodist is at the forefront of research and discovery, and we are dedicated to bringing you leading-edge, preventive care in a comfortable, relaxing environment. The respected physicians and staff in Wellness Services are here to guide you through each step of your customized, comprehensive assessment — ensuring your time with us is as smooth and stress-free as possible. When your assessment is complete, we will walk you through results from the majority of your tests and schedule any follow-up visits or referrals.

It's your choice.

Houston Methodist Wellness Services offers two executive health package options — all focused on preventive care. Individual services can be added to each package to meet your specific health care needs.

COMPREHENSIVE HEALTH ASSESSMENT

The comprehensive health assessment takes four to five hours to complete and is a very detailed assessment that includes a thorough exam and testing, along with beneficial wellness coaching.

Physician Exam

- Comprehensive medical history, exam and review

Lab Tests

- Comprehensive Metabolic Panel and CBC with differential
- Prostate specific antigen (PSA)
- Hepatic function
- Thyroid function
- Hemoglobin A1C
- Lipid profile and glucose
- Metabolic profile
- C-reactive protein
- Vitamin D
- Urinalysis
- Fecal occult blood test

Diagnostic Tests

- Vital signs
- Hearing and vision tests
- Pulmonary function test

Cardiology

- Resting electrocardiogram (EKG)
- Treadmill stress test*

Imaging

- Chest X-ray

Fitness

- Body composition and girth measurements
- Metabolic assessment

Wellness

- Executive wellness coaching

*As recommended by physician



PREMIER HEALTH ASSESSMENT

The premier health assessment takes five to six hours to complete and is our most extensive offering. Following a thorough medical history review and exam, you will receive comprehensive lab and diagnostic tests, a fitness assessment, wellness coaching and a therapeutic massage — all in a comfortable and accommodating environment.

Physician Exam

- Comprehensive medical history, exam and review

Lab Tests

- Comprehensive Metabolic Panel and CBC with differential
- Prostate specific antigen (PSA)
- Hepatic function
- Thyroid function
- Hemoglobin A1C
- Lipid profile and glucose
- Metabolic profile
- C-reactive protein
- Vitamin D
- Urinalysis
- Fecal occult blood test

Diagnostic Tests

- Vital signs
- Hearing and vision tests
- Pulmonary function test

Cardiology

- Resting electrocardiogram (EKG)
- Treadmill stress test*
- Vascular age screening (CIMT) (<40 years of age) or CT heart scan (>40 years of age)**

Imaging

- Chest X-ray
- Bone density by DEXA scan (>40 years of age)**

Fitness

- Body composition and girth measurements
- Fitness assessment and consultation⁺
- Metabolic assessment
- Strength and flexibility assessment

Wellness

- Executive wellness coaching
- Gourmet breakfast and lunch⁺
- Therapeutic massage⁺

⁺ Denoted additional services/tests offered only in the premier health assessment

* As recommended by physician

CUSTOMIZED TO YOU.

If there is a particular area of concern you would like to address, or if there are additional preventive care tests you are interested in receiving, individual services can be added to any of the listed health assessment packages. Add-ons include, but are not limited to:

- Diagnostic mammogram
- Therapeutic massage
- COVID-19 PCR test
- CT heart scan (>40 years of age)
- CT chest scan
(recommended for smokers)
- Bone density with DEXA scan
(>40 years of age)*
- Vascular age screening (CIMT)
(<40 years of age)
- Consultation for travel vaccinations
- Testosterone (free and total)
- Vascular screening
- Globulin sex hormone

* As recommended by physician



GET STARTED

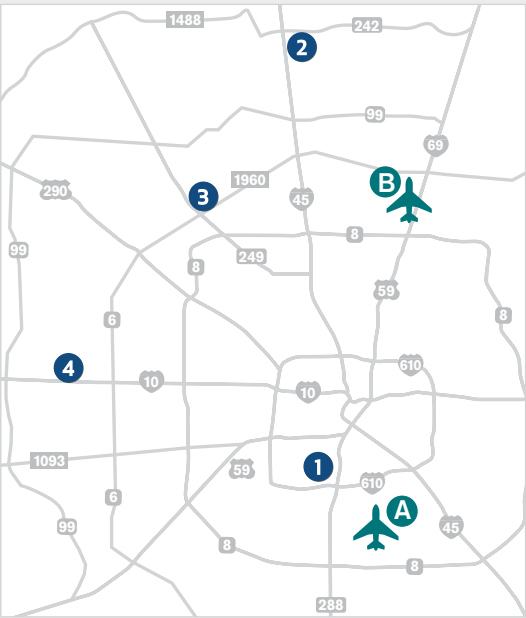
on your path to long-term health.

Once you've made a decision on the Executive Health Assessment that best suits your needs, we will take care of the rest. From full coordination of your appointment to follow-up visits and referrals, you can expect a streamlined, customized experience that makes the most of your time. To get started, contact Houston Methodist Global, who will provide you with additional information about our services, we will schedule the evaluation and will start the process by:

- Setting up a previsit consultation to ensure we're aware of any health concerns, existing conditions or areas for improvement. This allows us to customize your visit for targeted care and observations. It also allows us to eliminate unnecessary or duplicate testing.
- Providing information on what to expect. We will also send out an itinerary before your visit with details on how to prepare for your appointment (i.e., how to dress, what to eat or not eat, hotel recommendations, transportation, etc.).

Contact Houston Methodist Global at mypena@houstonmethodist.org or call **+1.713.441.2340**.

Please note that email is not a secure means to communicate confidential or health-related information, including Social Security number, date of birth, financial information, etc.



Convenient locations

Houston Methodist Wellness Services offers Executive Health Evaluations in four locations.

- 1 CENTRAL**
Houston Methodist Hospital
Texas Medical Center
- 2 NORTH**
Houston Methodist
The Woodlands Hospital
- 3 NORTHWEST**
Houston Methodist
Willowbrook Hospital
- 4 WEST**
Houston Methodist
West Hospital

- A WILLIAM P. HOBBY AIRPORT**
- B GEORGE BUSH
INTERCONTINENTAL AIRPORT
(IAH)**



U.S. News & World Report has named Houston Methodist Hospital the Best Hospital in Texas for 11 years in a row. Houston Methodist is the No. 1 hospital in Texas and No. 15 in the nation. For more than 100 years, we have provided the best — and safest — clinical care, advanced technology and patient experience.

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