



Your Comprehensive Executive Physical Includes:

- Review of medical and family history
- Complete and comprehensive physical examination by a physician in our University Internal Medical Associates practice
- Laboratory analysis, including:
 - Lipid Panel (Total Cholesterol, HDL, LDL, and Triglycerides)
 - Homocysteine: an amino acid associated with vascular disease
 - Liver Function
 - Kidney Function
 - Complete Blood Count (CBC) with differential
 - Complete Metabolic Profile
 - Iron Profile: screening for hemochromatosis
 - Prostate Specific Antigen (PSA): blood test for prostate cancer
 - Urinalysis: screening for detecting diseases of the kidney, diabetes and bladder infections
 - Thyroid Stimulating Hormone (TSH): screening test for thyroid function which regulates metabolism
 - Vitamin D: a deficiency can contribute to osteoporosis and muscle weakness
- Heart and lung tests, including
 - Electrocardiogram (EKG): may identify previously undetected heart attacks; evaluates heart arrhythmia
 - Exercise Treadmill Test: screens for early signs of coronary artery disease, hypertension and abnormal heart rhythms
- Nutrition assessment by our registered dietitian, including:
 - Estimated resting metabolic rate
 - Suggested daily calorie level
 - Reference tools for a balanced diet
 - Diet plan to take home
 - Sample meals at your appropriate calorie level
 - Answers to nutrition and health-related questions

The following tests will be included during your initial visit; thereafter, as recommended by the Executive Physical Program physician:

- Carotid Artery Intima-Media Thickness (CIMT) Ultrasound Screening
 - Ultrasound test to precisely measure the walls of the carotid artery in the neck; provides a benchmark of heart and vascular risk
 - Baseline during year one, then 3 years thereafter
- Sensory Function Tests
 - Audiogram screening: computer-directed hearing exam
 - Vision screening: color, near and distant vision testing, tonometry screening test for glaucoma
- Chest X-ray
 - Evaluation for potential lung disease or cancer

Summary Report

A summary letter, including copies of all tests performed and physician recommendations, will be mailed to you within two weeks of your exam. A copy of the letter and tests can be mailed to your primary care physician if requested.

Base Package Prices

New Patient: \$2,200

Return Patient: \$1,900

Over ►

EXECUTIVE PHYSICAL PROGRAM Package Information (continued)

Recommended Preventive/Wellness Tests (Additional cost—may be covered by insurance)

The following tests are not included in the base package but are recommended on a periodic basis to screen for certain types of illness and disease. Your Executive Physical Physician can assist you in determining which tests you may need based on your age, gender and personal and family medical histories.

- Bone Density Scan screens for bone loss; recommended for women at onset of menopause and every 2-3 years thereafter
- Colonoscopy: screens for polyps and cancers in asymptomatic individuals; recommended at age 50 or earlier based on personal or family history and every 5-10 years thereafter (*this test requires a second day)
- Mammogram: baseline exam for women at age 35 with annual screenings after age 40 to screen for breast cancer
- Pap Test: screens for cervical cancer
- Routine Immunizations: influenza, pneumonia, diphtheria and tetanus
- Eye Exam at the Wake Forest University Eye Center to detect vision loss and diseases of the eye
- Skin Examination by a dermatologist
- Complete Hearing Evaluation

Optional Tests and Services (Additional cost—may be covered by insurance)

The following optional tests allow you to tailor the exam to your specific needs. Your Executive Physical Physician can assist you in determining which tests are appropriate based on your age, gender and personal and family medical histories. They may be covered by insurance depending on physician referral.

- Abdominal Ultrasound: screening test for abdominal aortic aneurysm
- CT Coronary Angiography with calcium scoring: cross sectional images of the heart and coronary arteries to detect early stages of atherosclerosis
- CT scan of the chest: a more detailed lung scan to detect potential disease
- Upper Endoscopy: screens for disorders of the stomach and esophagus
- Stress Echocardiogram: combined with exercise treadmill test, provides physician with enhanced accuracy of results for those with symptoms of coronary artery disease.
- Screening Spirometry: lung function screening for smokers or former smokers
- Travel Clinic consultation and immunizations for international travel

CompRehab Plaza Services

The following options are available through our comprehensive outpatient rehabilitation center.

- Fitness Evaluation, \$200: flexibility and strength testing of all major muscle groups with Isokinetic strength testing as needed; custom exercise program developed to address your flexibility and strength needs; sports-specific exercises provided if desired.
- Evaluation of Foot and Ankle Biomechanics, \$200: comprehensive evaluation of your feet including a thorough evaluation of gait using digital video analysis; athletic shoe evaluation and specific recommendation given. A thorough evaluation for orthotics can be performed and casting if needed. Cost of orthotics is \$150.
- Golf Analysis and Evaluation, \$200: motion analysis and biomechanical evaluation of your golf swing using the state-of-the art Motion Monitor; specific emphasis on identifying opportunities for improved performance and injury prevention/treatment; specific exercises to address impairments/opportunities.

Prices and package options are subject to change. All physicals are billed directly to your company or paid at the time of service. We do not file with insurance carrier for tests performed in the base package. For information or to schedule an Executive Physical, please contact Wellness & Corporate Health Services at 336-716-1270.