



EXECUTIVE HEALTH PROGRAM

ATLANTIC HEALTH SYSTEM



Atlantic
Health System

OFFICIAL HEALTH CARE OF THE NY JETS



ALL-ENCOMPASSING ONE-DAY MEDICAL
EVALUATION, IMMEDIATE RESULTS
AND PERSONALIZED GUIDANCE TO HELP YOU
STAY HEALTHY AND LEAD A HIGHLY PRODUCTIVE,
FULFILLING LIFE.

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Morristown Memorial Hospital
100 Madison Avenue, Morristown, NJ 07960
Phone: 973.971.5000

Overlook Hospital
99 Beauvoir Avenue, Summit, NJ 07902
Phone: 908.522.2000



HEALTH APPRAISAL AND INITIAL BLOOD WORK
COMPLETED AT YOUR LOCATION PRIOR TO YOUR VISIT

A close-up photograph of a hand in a white lab coat, gently touching a knee. The background is a soft-focus X-ray of a knee joint, showing the bones and ligaments. The lighting is bright and clinical.

CONVENIENT, CUSTOMIZED, COMPREHENSIVE CARE



ACCORDING TO THE MICHIGAN MANAGEMENT RESEARCH CENTER, CORPORATE LEADERS WHO UNDERWENT COMPREHENSIVE PHYSICAL EXAMS HAD 20 PERCENT FEWER HEALTH CLAIMS AND LOST 45 PERCENT FEWER WORK DAYS TO ILLNESS THAN THOSE WHO DID NOT.

CONVENIENT

Your Pre-Evaluation: Before your initial visit, you'll receive your registration and health risk appraisal questionnaire. A registered nurse will visit you to obtain your medical history and complete your lab tests.

Our coordinating physician analyzes that information to determine the necessary tests and assemble the appropriate group of specialists based on your health profile. Testing is pre-arranged to make best use of your time while with our program. At your request, we will provide your personal physicians the results and recommendations from your visit.



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FASTER & EASIER

ONE INTEGRATED HEALTH RECORD

CUSTOMIZED

On the day of your appointment you'll visit our private, well-appointed facility to:

- Consult with a team of healthcare specialists chosen to address your specific health needs
- Undergo tests and preventive screenings based on your lab and genetic findings
- Review the results with our coordinating physician and discuss recommendations for nutrition, exercise, stress management, and follow-up, all based on your lifestyle and risk factors



COMPREHENSIVE

- A personal guide will greet you and usher you through the process
- A board-certified internal medicine physician will coordinate your care and review recommendations from the medical subspecialists that evaluate you that day
- Preventive screening tests for early detection of cancer, heart disease and other conditions
- Cardiovascular fitness evaluation
- Review and update of medications and immunizations
- Lifestyle assessment to analyze nutrition, fitness, stress management, alcohol, tobacco, personal safety and other indicators of disease risk



A COMFORTABLE LOUNGE FOR RELAXING OR CONDUCTING BUSINESS, WITH PHONE, FAX AND WIRELESS ACCESS WILL BE AVAILABLE THROUGHOUT YOUR VISIT.

- Personalized wellness plan developed by a team of specialists, including an individualized exercise program, early disease detection, nutrition counseling, and stress management strategies
- Access to our medical center's full range of services and award-winning medical specialists if additional services are necessary
- Conclude the day reviewing your test results with your coordinating physician and discuss your concerns and wellness strategies and leave with your preliminary report and personalized plan



We respect and understand the demands on your time:

Your comprehensive healthcare experience includes a full assessment, examination and wellness plan, plus expedited access to our world-class medical specialists and state-of-the-art facilities. We aim to target, reduce and remove health risks; promote wellness; and discover potential health problems at the earliest stage.

“SPECIALIZED TREATMENT STRATEGIES DESIGNED FOR THE PROFESSIONAL ATHLETE CAN BENEFIT TOP EXECUTIVES AND ENABLE THEM TO REACH THEIR PEAK PERFORMANCE AND ULTIMATE GOALS.”



OFFICIAL HEALTH CARE OF THE NY JETS



DAMION MARTINS, MD

Medical Director,
Atlantic Sports Health and the Executive Health Program
Director of Internal Medicine for the New York Jets
Atlantic Health System

Dr. Martins is board-certified in internal medicine and sports medicine and is currently clinical professor of medicine and orthopedics at Mount Sinai Medical School. He is a recognized leader in sports performance and exercise testing and is renowned for research in cardiovascular training programs widely used in the fitness industry and in corporate wellness programs. A member of the NFL Team Physician Society, Dr. Martins has served as the Chief of Internal Medicine for the US Open Tennis Championship and team physician to the NHL's New York Islanders. He was integral in the development of pre-participation medical guidelines as a member of the National Hockey League Advisory Committee.

Dr. Martins earned his medical degree from Georgetown University School of Medicine, where he also obtained his master's degree in exercise physiology and biophysics and completed his residency training in internal medicine. He completed a fellowship in sports medicine at the University of Maryland, serving as fellow team physician for the NFL's Baltimore Ravens, Baltimore Bayhawks, and the University's Terrapins.

Executive Health Program
Atlantic Health System
111 Madison Avenue, Suite 400
Morristown, NJ 07962
Phone: 973-971-6832



To schedule your appointment with the Executive Health Program, call 973.971.6832 or email: executivehealthprogram@atlanticehealth.org



Meet the Subspecialist Team:

EXECUTIVE HEALTH PROGRAM
ATLANTIC HEALTH SYSTEM

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