



# Executive Health Program Health & Wellness Annual Half-Day Exam

- Extensive laboratory analysis collected in advance of exam day (labs put through insurance and script will be sent to client)
  - Review of medical history and complete health risk assessment
  - Comprehensive physical examination by board-certified physician
  - Electrocardiogram
  - Cardiac Calcium Score
  - Pulmonary function testing (spirometry)
  - Audiometry (hearing screening)
  - Visual acuity
  - Full body skin cancer screening with board-certified physician
  - BioSway™ computer balance testing
  - Body composition and bone density assessment by DEXA
  - PT evaluation by fitness professional with Functional Movement Screen (FMS)
  - Personalized health and wellness
    - Nutritional Consult
- OR**
- Personalized Fitness Assessment: RMR/EMR/VO2 and personalized exercise prescription with exercise specialist
  - Review of test results and medical findings with physician
  - Written report of results and recommendations from day of exam
  - Concierge services for one year:
    - Next day visit with internist
    - Assistance with follow-up appointments within Atlantic Health System



 **Atlantic Health System**

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