

PROGRAM COMPARISONS FOR EXECUTIVE HEALTH

PROGRAMS	AHS Executive Health Program	EHE International	Princeton Longevity Center	HUMC Executive Health	Mayo Clinic's Executive Health Program
ANTIOXIDANTS:					
Alpha Lipoic Acid, Coenzyme Q10, Cysteine, Glutathione, Immunidex, Selenium, Spectrox	✓		\$ Extra		
VITAMINS:					
A, B1, B2, B3, B6, B12, C, D25 Hydroxy, D3, E, K2, Biotin, Folate, Pantothenate	✓	Vitamin D	\$ Extra		
MINERALS:					
Calcium, Copper, Magnesium, Manganese, Zinc	✓		\$ Extra		
AMINO ACIDS:					
Asparagine, Glutamine, Oleic Acid, Serine	✓		\$ Extra		
CARBOHYDRATE METABOLISM:					
Chromium, Fructose Sensitivity, Glucose-Insulin Metabolism	✓		\$ Extra		
METABOLITES:					
Carnitine, Choline, Inositol	✓		\$ Extra		



Full-Day Physical Exam

Executives are vital to the sustainability of a company and its future. At Atlantic Health System, we know healthy executives define the health of your company. That is why our Executive Health Program is designed to keep your organization running at optimum performance by providing superior customized medical attention to your company's top executives. Although there are a range of programs touting this type of service, the Executive Health Program is an all inclusive, one-day health experience with a comprehensive, customized assessment that includes micronutrient testing, exercise physiology, physical examination and imaging. Our program also includes multiple consults with our world-class medical specialists in various fields of expertise in our state-of-the-art spa-like facility. We provide immediate results and personalized guidance to help executives stay healthy. This brochure highlights our program and compares it to other programs. See what sets Atlantic Health System's Executive Health Program apart from the competition.

The information contained in the Program Comparisons concerning other programs has been compiled by Atlantic Health System through a survey of other programs. The information reflects what was available to Atlantic Health System through publicly accessible sources as of the date of the survey. Some information concerning other programs may have changed or may change in the future and may no longer be accurate.



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OVERALL:					
Nursing Intake Prior to Date of Physical	✓				
Customized physical based upon labs, nursing intake, family medical history and age markers	✓				
Consults with Specialists:					
- Internal Medicine	✓	✓	✓	✓	✓
- Cardiology	✓			\$ Extra	\$ Extra
- Additional Specialist Consults Suggested from Nursing Intake: Dermatology, Endocrinology, ENT, Gastroenterology, Genetic, Gynecology, Integrative, Neurology, Orthopedics, Psychiatry, Pulmonology, Urology	✓			\$ Extra	\$ Extra
All Inclusive (nursing intake, labwork, imaging, testing and specialist consults)	✓				
Immunization Recommendations	✓	\$ Extra	\$ Extra	\$ Extra	\$ Extra
Genetic Testing	optional		\$ Extra		\$ Extra
Nutritional Consult	✓		✓		\$ Extra
Car Service					
Overnight accommodations night prior to exam if out of state	✓				
Concierge Services for 1 year	✓			\$ Extra	

TESTING:

Audiometric Evaluation	✓	✓	✓	✓	>40 years
Colonoscopy	if indicated	\$ Extra		\$ Extra	>50 years
Hemoccult Stool Test	✓	✓		✓	\$ Extra
Pulmonary Function Test (Spirometry)	✓	✓	✓	✓	\$ Extra
Resting Electrocardiogram	✓	✓	✓	✓	✓
Virtual Colonoscopy			\$ Extra		
Vision Assessment	✓	✓	✓	✓	\$ Extra

CANCER SCREENING RECOMMENDATIONS:

Breast (mammogram/ultrasound)	if indicated	\$ Extra	\$ Extra	✓	>40 years
Cervical (Pap test with HPV)	if indicated	✓	\$ Extra	\$ Extra	✓
Colon (Stool DNA, Colonoscopy)	if indicated	\$ Extra	\$ Extra (Virtual)	\$ Extra	>50 years
Prostate (PSA, digital rectal exam)	if indicated	✓	>40 years	✓	>40 years
Skin (full body exam)	if indicated				

RISK ASSESSMENT SCREENINGS:

Attention Deficit Disorder (ADD)	✓				
Mental Health	✓				
Sleep Apnea	✓				
Urology	✓				

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IMAGING:					
Abdomen Ultrasound (aorta, common bile duct, gallbladder, inferior vena cava, kidney, liver, pancreas, spleen)	✓	\$ Extra		\$ Extra	Men >65-75 years
Cardiac Calcium Score (limited lung CT)	if indicated		✓	\$ Extra	\$ Extra
Carotid Artery Ultrasound	✓	\$ Extra	\$ Extra	\$ Extra	\$ Extra
Chest X-ray	✓			✓	✓
CT Scan (low dose)	if indicated		\$ Extra	\$ Extra	\$ Extra
Echocardiogram	✓			\$ Extra	\$ Extra
3T MRI	if indicated			\$ Extra	\$ Extra
Stress Test	✓	\$ Extra	✓	\$ Extra	✓
X-rays	if indicated			\$ Extra	\$ Extra

RESULTS:

Physician Report of Exam Findings & Recommendations	✓	✓	✓	✓	✓
Electronic Medical Record System	✓	✓	✓	✓	
Access to Nurse Navigator	✓	✓	\$ Extra		

PERFORMANCE EVALUATION TESTS:

Exercise Assessment:					
- Resting Metabolic Rate	✓		\$ Extra		
- Exercise Metabolic Rate	✓				
- Personalized Exercise Prescription	✓		\$ Extra		\$ Extra
Body Composition (DEXA)	✓		✓	✓	\$ Extra
Bone Density (DEXA)	✓		✓	✓	Women >50 years Men >65 years
Computerized Balance Assessment, Biosway	✓		\$ Extra		
Functional Movement Screen (FMS)	✓		\$ Extra		

LAB WORK:

C-Reactive Protein Levels	✓	✓	✓		
CBC	✓	✓	✓	✓	✓
Comprehensive Metabolic Panel	✓	✓	✓	✓	✓
DHEA-S (M over 50 years)	✓				
FSH (M over 50 years)	✓		\$ Extra		
Hemoglobin A1C	✓	✓	✓	✓	✓
Hepatitis C Antibody (for DOB 1945 - 1965)	✓				
Iron Panel	✓	✓	✓	✓	✓
LH (over 50 years)	✓		\$ Extra		
Lipid Panel	✓	✓	✓	✓	✓
Lp(a)	✓				
PSA (prostate specific antigen) (M over 50 years)	✓	✓	>40 years	✓	>40 years
Sex Hormone Binding Globulin (M over 50 years)	✓				
Testosterone, Free & Total (M over 50 years)	✓		\$ Extra		
Thyroid Panel (T4, T3 Uptake & Free T4 Index)	if indicated		✓	✓	✓
TSH	✓	✓	✓	✓	✓
Urinalysis with Microscopic Protein	✓	✓	✓	✓	✓