## Program Comparisons for Executive Health

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<thead>
<tr>
<th>PROGRAMS</th>
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<tbody>
<tr>
<td><strong>ANTIOXIDANTS:</strong></td>
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<tr>
<td>Alpha Lipoic Acid, Coenzyme Q10, Cysteine, Glutathione, Immunidex, Selenium, Spectrox</td>
<td></td>
<td></td>
<td>✔</td>
<td></td>
<td>$ Extra</td>
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<tr>
<td><strong>VITAMINS:</strong></td>
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<tr>
<td>A, B1, B2, B3, B6, B12, C, D25 Hydroxy, D3, E, K2, Biotin, Folate, Pantothenate</td>
<td>✔</td>
<td></td>
<td></td>
<td>Vitamin D</td>
<td>$ Extra</td>
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<td><strong>MINERALS:</strong></td>
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<tr>
<td>Calcium, Copper, Magnesium, Manganese, Zinc</td>
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<td></td>
<td></td>
<td>$ Extra</td>
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<tr>
<td><strong>AMINO ACIDS:</strong></td>
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<tr>
<td>Asparagine, Glutamine, Oleic Acid, Serine</td>
<td>✔</td>
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<td></td>
<td>$ Extra</td>
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<tr>
<td><strong>CARBOHYDRATE METABOLISM:</strong></td>
<td></td>
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<tr>
<td>Chromium, Fructose Sensitivity, Glucose-Insulin Metabolism</td>
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<td></td>
<td></td>
<td>✔</td>
<td>$ Extra</td>
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<tr>
<td><strong>METABOLITES:</strong></td>
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<td></td>
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<tr>
<td>Carnitine, Choline, Inositol</td>
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**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.
## 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
- Additional Specialist Consults Suggested from Nursing Intake: Dermatology, Endocrinology, ENT, Gastroenterology, Genetic, Gynecology, Integrative, Neurology, Orthopedics, Psychiatry, Pulmonology, Urology
- All Inclusive (nursing intake, labwork, imaging, testing and specialist consults)
- Immunization Recommendations
- Genetic Testing optional
- Nutritional Consult
- Car Service
- Overnight accommodations night prior to exam if out of state
- Concierge Services for 1 year

## TESTING:

- Audiometric Evaluation
- Colonoscopy if indicated
- Hemoccult Stool Test
- Pulmonary Function Test (Spirometry)
- Resting Electrocardiogram
- Virtual Colonoscopy
- Vision Assessment

## CANCER SCREENING RECOMMENDATIONS:

- Breast (mammogram/ultrasound) if indicated
- Cervical (Pap test with HPV) if indicated
- Colon (Stool DNA, Colonoscopy) if indicated
- Prostate (PSA, digital rectal exam) if indicated
- Skin (full body exam) if indicated

## RISK ASSESSMENT SCREENINGS:

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

## IMAGING:

- Abdomen Ultrasound (aorta, common bile duct, gallbladder, inferior vena cava, kidney, liver, pancreas, spleen)
- Cardiac Calcium Score (limited lung CT) if indicated
- Carotid Artery Ultrasound
- Chest X-ray
- CT Scan (low dose) if indicated
- Echocardiogram
- 3T MRI if indicated
- Stress Test if indicated
- X-rays if indicated

## RESULTS:

- Physician Report of Exam Findings & Recommendations
- Electronic Medical Record System
- Access to Nurse Navigator

## PERFORMANCE EVALUATION TESTS:

- Exercise Assessment:
  - Resting Metabolic Rate
  - Exercise Metabolic Rate
  - Personalized Exercise Prescription
  - Body Composition (DXA)
  - Bone Density (DXA)
  - Computerized Balance Assessment, Biosway
  - Functional Movement Screen (FMS)

## LAB WORK:

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

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