



Executive Health and Wellness Program



JACKSON MEMORIAL HOSPITAL
INTERNATIONAL SERVICES

Customized Healthcare



The Executive Health and Wellness Program at Jackson Memorial Hospital offers customized, flexible packages designed for executives with busy lifestyles. We evaluate your current health status and provide a personalized plan to improve your health and prevent future disease. Our world-renowned multi-disciplinary team will perform a range of diagnostic tests, all while respecting your ultimate privacy. Your physical assessment is efficiently and conveniently administered in a single day, sometimes two, if additional exams are needed.

About the Program

Our program was designed along with the American Medical Association's guidelines and includes a detailed, individualized plan based on your age, medical history and physician recommendations. Your thorough risk assessment will focus on discovering potential illnesses and making changes to enhance your lifestyle. Our comprehensive package combines a detailed review of your medical history with a thorough physical evaluation.

Extra screenings and diagnostic tests are available based on individual needs. For those with cardiac risk factors, there is a specialized Cardiac Health Package. There are also specialized assessments for men and women. In addition, the Platinum Package is our most thorough evaluation. This all-inclusive package has been designed to address all health concerns.



Comprehensive Package

1. Complete medical history (to be completed prior to your arrival)
2. Comprehensive physical examination
3. Life style and risk assessment: Alcohol, tobacco and other indicators are addressed
4. Nutritional screening:
 - Food intake recorded for three days prior to arrival
 - Nutritional consultation
5. Guidelines for health improvement
6. Laboratory screening tests:
 - Chemistry profile
 - Electrolytes
 - Lipid profile
 - Complete blood count
 - Thyroid profile
 - Urinalysis
 - Hemocult
7. Immunizations update and travel medicine consult
8. Cardiac and lung health evaluation
 - ECG
 - Chest X-ray
 - Spirometer



Cardiac Health Package

1. One-on-one consultation with a board certified cardiologist
2. Cardiac risk screening tests:
 - Albumin/creatinine ratio
 - Fibrinogen
 - Homocysteine
 - Lipoprotein (a)
 - Lipoprotein electrophoresis
 - Ultrasensitive
 - C-reactive protein
3. Cardiac function tests:
 - Stress test
 - Calcium scoring of the coronary arteries
 - CT scan of the chest without contrast
 - Echocardiogram



Female Package

1. Pap smear
 2. Bone densitometry evaluation
 3. Mammogram
- Additional diagnostic tests available for women: pelvic ultrasound and MRI of the breast

Scheduling and Pre-assessment

To ensure effective use of your time at Jackson, our staff will provide you with a health profile questionnaire in advance. Your medical condition will be reviewed and assessed by a board-certified internist prior to your arrival and should further feedback

be required our staff will contact you. During your visit you will have ample time to discuss your medical condition and results with your physician. Should follow-up consultations be necessary, your personal concierge representative coordinates all your

appointments. You will have priority access to Jackson's award-winning medical specialists and be treated at a hospital that has been consistently ranked as one of the nation's best in the prestigious U.S. News & World Report.



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