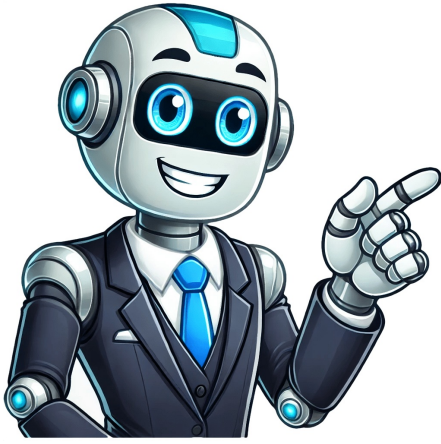


Continue



Executive health exam

Our preventive model solves that by: It's extremely rewarding to be a part of thousands of patients' preventive health journeys." Dr. Robert Stone, I feel proud to offer EHE Health as part of my practice." Dr. Shelly Bhowmik, We're always eager to add to our growing network of providers in 40+ states nationwide. We're looking for board-certified or eligible physicians in the areas of family, internal, preventive, or emergency medicine who are motivated to be part of a holistic approach to patient care. FAQredline2024-04-12T07:38:55+00:00 The Executive Health Core Physical Exam is a thorough general medical evaluation designed to assess your health and wellbeing and, if needed, to establish a personalized medical plan of action to optimize the management of any identified condition. The selection of screening exams and diagnostic tests is based on the latest clinical practice guidelines. Brigham and Women's Hospital is home to the most advanced technology for precise imaging and laboratory studies. Pre-visit Conversation Prior to your medical visit, you will receive a health questionnaire. Upon completion of the questionnaire, a physician will contact you to gain an understanding of your current health and to learn about your expectations for the visit. Together, you will decide and develop a personalized panel of tests, including any additional laboratory or imaging studies outside the scope of the Executive Health Core Physical Exam. In addition, during this conversation, you will have the opportunity to discuss consultations with appropriate specialists, if needed or desired. Once a plan is established, we will coordinate all appointments to ensure that your visit is streamlined and executed expeditiously. Historical medical records will help us provide a more comprehensive review and assessment of your medical condition. Please provide us with any available medical records and vaccinations records prior to your visit. One-day core physical exam On the day of your physical exam, you will meet your designated Executive Health Program coordinator, who will personally guide you to and from all appointments. The Executive Health Core Physical Exam includes a series of tests offered in an expedited manner. These include: Blood cell count with differential analysis Lipid profile (total cholesterol, LDL, HDL, VLDL, triglycerides) Kidney function markers (BUN, creatinine) Electrolytes (sodium, potassium, bicarbonate, calcium) Glucose (sugar) Hemoglobin A1c Liver enzymes Serum proteins Thyroid function marker (TSH) Vitamin D Urine analysis and urine sediment evaluation 12-lead electrocardiogram or ECG Additional tests beyond the scope of the Executive Health Core Physical Exam are available and can be discussed with your physician during your pre-visit conversation. Examples include: cardiac stress test, Pap smear, and colonoscopy. Please note that additional consultation and testing may require more than one day. Following the completion of any testing, you will meet with our lead Executive Health Program physician during an extended visit to conduct a complete physical exam, summarize your evaluation, and provide medical recommendations. This conversation will ensure a thorough assessment and discussion of your health, including any additional actions that may need to be taken. Follow-up report and action plan Shortly after the Executive Health Core Physical Exam you will receive a detailed visit summary, including laboratory and test results and recommendations. The visit summary will also be available online through the confidential patient portal. The lead physician will be available to discuss the content of your medical report in person, via telephone, or video conference. Upon request, and with your authorization, we can forward the full medical report to your personal physician anywhere in the world. Follow-up diagnostic tests or treatments After your Executive Health examination, we will be glad to schedule any follow-up appointments for consultations with specialists, or any additional screening, monitoring, or diagnostic tests, if needed. If you're responsible for keeping your company's key employees healthy, you know that a serious health issue can devastate both the individual and the business. With the lasting impact of COVID-19, the need for proactive healthcare has never been more urgent. To keep their workforce productive and reduce the risk of sudden absences, companies across the United States are turning to executive physicals – comprehensive exams designed to catch potential health issues before they become serious problems. But what exactly is an executive physical, and why should your company consider offering it? As an experienced provider of executive health services for nearly 20 years, we've helped protect countless employees, and we're here to answer your most pressing questions, including: Let's dive into everything you need to know to make an informed decision for your company. What is an executive physical? (And why it's crucial for your company's health strategy) Executive physicals refer to comprehensive annual physical exams designed for companies and their employees who are eligible for this benefit. These physicals go well beyond the standard annual physical exam that is covered by health insurance plans and aim to identify health problems well before symptoms occur. These programs typically begin with an in-depth health evaluation that includes advanced lab testing, advanced imaging and screenings, plus specialty consultations that can identify risks even before symptoms occur. They typically last anywhere from a half-day to multiple days, depending on the provider, and focus on major health risk areas such as heart, vascular, and cancer risk. Companies often provide executive physicals as part of their benefits package to key employees (or all employees). Executive physicals can help reduce a company's key person risk by helping identify health risks for key employees and can also help improve recruitment and retention efforts. Executive physical cost: What you can expect to pay and why it's worth it The cost of an executive physical typically ranges from \$2,000 to \$5,000 out-of-pocket at most places, although there are some luxury providers who offer a price tag of up to \$10,000. At PartnerMD, our executive physicals range from \$2,700 for an Enhanced Physical to \$4,000 for a Signature Physical. We transparently provide our pricing through our online executive physical cost calculator. Information gathered from this thorough examination is compiled into a comprehensive package that creates an accurate understanding of the patient's health status and personal health risks, and helps the patient plot a course to optimal health and performance. Top providers of executive physicals: Hospitals, regional systems, and concierge medicine Executive physicals are offered by three types of medical providers – large hospitals, regional health systems, and concierge medicine practices. Large hospitals attract patients from all over the world. These are world-renowned facilities like the Mayo Clinic or the Cleveland Clinic. Regional health systems tend to be the dominant healthcare provider within their region and draw their patients from that area. These include health systems like Emory in the Atlanta area, INOVA in Northern Virginia, and Johns Hopkins in Baltimore. Concierge medicine practices are smaller and more locally focused but draw executives from several regions depending on what makes sense for the company. Concierge practices see far fewer patients and offer a more intimate atmosphere when compared to the larger hospital systems, while still providing the benefits of an advanced executive physical exam. Because they are smaller and nimbler, boutique providers can often customize the executive physical and the program much more than a large hospital. Who benefits most from executive physicals? CEOs, key employees, and rising stars "Executive physical" can be a misleading name because access to this type of service is not limited to corporate executives. Yes, most companies do get them for at least their CEO, if not the entire C-Suite, and it can often be a comfortable starting point when just dipping your toes into the world of executive physicals. But executive physicals can be valuable for key employees further down the corporate ladder, too, including rising stars you want to retain and individual contributors with a unique skill set that is hard to recruit. Maybe you are a small business with a pair of salespeople who generate most of your revenue. Having them out for an extended period due to a health issue could be devastating. Or maybe your company has a key person risk problem and losing just one person with an indispensable skillset will severely limit the company. These are instances where the ROI of an executive physical can be particularly high, beyond protecting just the C-Suite. Executive Physicals at PartnerMD: The foundation of executive health At PartnerMD, we know that no two companies or executives are the same. That's why we offer the most customizable executive physicals in the industry, designed to meet the unique health needs of your team. With over 30 options and two comprehensive levels of service, our physicals are tailored to fit both individual and company requirements. Our services extend beyond a standard check-up. We provide advanced labs and imaging, such as lipid panels, inflammation markers, and CT heart scans, to give you a clear picture of your team's health risks. With genetic testing, cognitive function assessments, and personalized consultations with specialists, we ensure your key employees are well-prepared to thrive under stress and continue performing at their peak. We serve clients from six offices in Owings Mills, MD; Richmond, VA; Midlothian, VA; Short Pump, VA; Greenville, SC; and Sandy Springs, GA. Ready to learn more about how executive physicals can benefit your company? Download our free guide to executive physicals today. We recommend you use a recent version of any one of the following browsers: With EHE Health, you can easily schedule your Pulse Physical exam at any location of your choice within our extensive nationwide network. Log in to view location details and find the most convenient option for you! With EHE Health, you can easily schedule your Pulse Physical exam at any location of your choice within our extensive nationwide network. Log in to view location details and find the most convenient option for you! Our nationwide network provides convenient access across 40 states, with over 400 board-certified physicians and advanced practice providers. Book your annual preventive exam at a location near you. AL AK AZ AR CA CO CT DE FL GA HI ID IL IN IA KS KY LA ME MD MA MI MN MS MO MT NE NV NH NJ NM NY NC ND OH OK OR PA RI SC SD TN TX UT VT VA WA WV WI WY DC EHE Health is available in the highlighted states and Puerto Rico. We're proud to offer a best-in-class healthcare experience featuring nationwide access to board-certified, highly-credentialed physicians. Learn more about us here. We recommend you use a recent version of any one of the following browsers: Here's what an average year at EHE Health can look like. Our care team will be with you every step of the way. Log in to my.ehe.health with your company-provided credentials. If eligible, book your exam. When booking a Pulse Physical exam, you'll have convenient access to any of the 7 managed clinics we own and operate, or 290+ convenient locations nationwide. After booking, keep an eye out for emails with more information including details on how to prepare for your exam and a short pre-exam assessment to complete. On the day of your exam, you'll receive all clinically-indicated testing for your age, risk factors, and individual needs. Your exam also includes one-on-one time to talk to your doctor about your health goals and any underlying concerns. After your exam, you'll receive your health results on my.ehe.health. This all-in-one secure portal includes your exam records and lab findings, but rest assured that no information will be shared with your employer. Access the Health Navigation Center for all your post-exam needs including follow-ups, referrals, and vaccinations, as well as coaching to continue making progress until your next exam. Here's what an average year at EHE Health can look like. Our care team will be with you every step of the way. Log in to my.ehe.health with your company-provided credentials. If eligible, book your exam. When booking a Pulse Physical exam, you'll have convenient access to any of the 7 managed clinics we own and operate, or 290+ convenient locations nationwide. After booking, keep an eye out for emails with more information including details on how to prepare for your exam and a short pre-exam assessment to complete. On the day of your exam, you'll receive all clinically-indicated testing for your age, risk factors, and individual needs. Your exam also includes one-on-one time to talk to your doctor about your health goals and any underlying concerns. After your exam, you'll receive your health results on my.ehe.health. This all-in-one secure portal includes your exam records and lab findings, but rest assured that no information will be shared with your employer. Access the Health Navigation Center for all your post-exam needs including follow-ups, referrals, and vaccinations, as well as coaching to continue making progress until your next exam. Here's what an average year at EHE Health can look like. Our care team will be with you every step of the way. Log in to my.ehe.health with your company-provided credentials. If eligible, book your exam. When booking a Pulse Physical exam, you'll have convenient access to any of the 7 managed clinics we own and operate, or 290+ convenient locations nationwide. After booking, keep an eye out for emails with more information including details on how to prepare for your exam and a short pre-exam assessment to complete. On the day of your exam, you'll receive all clinically-indicated testing for your age, risk factors, and individual needs. Your exam also includes one-on-one time to talk to your doctor about your health goals and any underlying concerns. After your exam, you'll receive your health results on my.ehe.health. This all-in-one secure portal includes your exam records and lab findings, but rest assured that no information will be shared with your employer. Access the Health Navigation Center for all your post-exam needs including follow-ups, referrals, and vaccinations, as well as coaching to continue making progress until your next exam. You'll get access to EHE Health if your employer offers it as part of their benefits package. To check your eligibility, log in to my.ehe.health with your company-provided credentials. All the screenings are clinically indicated for your needs and risks. This includes: Standard measurements, such as vital signs and body composition. Screenings & risk assessments, including a cardiorespiratory test, mental health evaluation, and vision/hearing screenings. Lab work to test cholesterol levels, blood sugar, and more. Additional follow-ups, such as a screening mammogram, bone density scan, and colonoscopy. No. All services, including the annual exam and health coaching, are free and without a copay. No. Your health information is 100% protected and confidential. Always. EHE Health does not replace your primary care physician. Based on the results of your exam, we provide you with health insights and mentorship that can support and enhance the care you receive from your doctor. Even if you feel healthy, eat wisely and exercise regularly, it's important to have the EHE Health Pulse™ Physical because it screens for and can identify many medical conditions before you feel sick or notice any symptoms. This includes a wide range of chronic diseases. In fact, early management is more effective than later treatment for many health conditions. EHE Health specializes in the early detection of diseases and health risks. We aim to help people live healthier lives through comprehensive preventive health care services. Prevention focuses on the prevention of disease and illness rather than treatment. Focusing on prevention first helps spot issues early and reduces the risk of developing problems later on. Most primary care focuses on sick care, leaving limited time to spend on preventive care. EHE Health is committed to preventive care because we know that early detection and intervention significantly reduces mortality and illness risks! Even when preventive care is provided through traditional primary care physicians, it is incomplete due to time and capacity constraints. Our physicians spend meaningful, un rushed time assessing patient health and lifestyle factors and engaging in shared decision making on preventive measures (i.e., immunizations, cancer screening options, etc...). We have 7 state-of-the-art clinics and nearly 200 network locations nationwide. See here to learn more and book at a clinic near you. If you are too far from a provider, see if you are eligible for our virtual option, EHE Health Pulse™ Wellness. Call us at 1.800.362.8671. Log in to book or call us at 1.800.362.8671. An executive health physical exam is a comprehensive health assessment originally tailored specifically for busy professionals and executives. These annual exams have gained popularity not only among executives but also among non-executives, thanks to their comprehensive testing and focus on early detection. This empowers individuals from all walks of life to prioritize their health and well-being proactively. What Makes an Executive Physical Different? Unlike a routine checkup, an executive health physical goes beyond the basic health screening and aims to provide a detailed and in-depth evaluation of an individual's overall health status. One of the key features of an executive health physical is the personalized and comprehensive nature of the assessment. The healthcare provider focuses on early detection of potential health issues, risk assessment, and preventive measures. The results and recommendations from these exams can help executives make informed decisions about their health, enabling them to proactively manage any health concerns and maintain optimal well-being, despite their demanding professional schedules. Offering tailored executive physicals, Hoag Executive Health stands as a beacon of comprehensive healthcare. We are not just a healthcare provider, we are your trusted partner in your journey towards optimal well-being. Discover the Hoag Executive Health difference – an executive health exam with a unique blend of cutting-edge diagnostics, personalized attention, and proactive health insights. Understanding the Executive Health Exam Experience Imagine a healthcare experience where your well-being takes center stage. At Hoag Executive Health, we offer full-day executive physicals for individuals in Orange County and across the United States. Located in the heart of Newport Beach, our state-of-the-art facility is designed to cater to your unique health needs. Personalized Action Plan at Your Fingertips For just \$3,175, our executive physicals provide a deep dive into your health, offering actionable insights that go beyond the ordinary. We don't just offer tests; we offer personalized action plans tailored to your specific health requirements. Our top-ranked physicians, exercise physiologists, and nutritionists are dedicated to providing you with a holistic understanding of your health, guiding you towards a healthier, happier life. The Hoag Executive Health Difference What sets Hoag Executive Health apart is our dedication to providing you with the most in-depth, personalized, and unique set of diagnostic tests and labs you've ever experienced. Whether you're a Southern California resident seeking comprehensive health assessments or a business traveler flying into John Wayne Airport, our team is here to ensure your health journey is seamless and empowering. Hoag's top-ranked programs also include concierge medicine, functional medicine, and corporate health wellness programs. A Day with Hoag Executive Health In the whirlwind of executive life, time is a precious commodity. That's why Hoag Executive Health has curated an exclusive program tailored for busy executives like you, who seek a personalized and efficient approach to healthcare. Designed with your demanding schedule in mind, our comprehensive executive physicals are crafted to evaluate all facets of your health – medical, nutritional, and fitness – ensuring your well-being remains at its peak. Partnering with Orange County's most successful executives, we are committed to keeping both you and your business in top shape. What is Included in an Executive Health Physical? At Hoag Executive Health, our programs are meticulously crafted to offer both companies and individuals a comprehensive and efficient approach to achieving and maintaining optimal health. Guided by a personal concierge, our team of board-certified physicians and exercise physiologists collaborates to provide you with a personalized roadmap of actionable steps, tailored to help you reach your health and fitness goals. Our next-level annual physical is customized to meet the specific needs of each individual, making it the ideal choice for those seeking a profound analysis of their current health condition and a strategic plan for reaching their peak physical performance. Included Tests: Body Composition Analysis: Assessing body fat percentage and muscle mass. Blood Pressure: Monitoring blood pressure levels for cardiovascular health. Urinalysis: Analyzing urine for signs of various health conditions. Vision: Evaluating visual acuity and overall eye health. Spirometry: Measuring lung function to assess respiratory health. EKG (Electrocardiogram): Recording the heart's electrical activity to detect any abnormalities. CINT (Cognitive Inertia Media Threading): Assessing the thickness of carotid arteries to identify cardiovascular risks. MCI (Mild Cognitive Impairment) Screening: Evaluating cognitive function and memory. Medical History Review: Comprehensive review of medical history and current health concerns. Breast Exam: Physical examination to detect any signs of breast abnormalities. Pap Smear: Screening test for cervical cancer in women. Prostate Exam: Screening for prostate cancer in men. Skin Cancer Exam: Visual inspection of the skin to identify potential signs of skin cancer. Functional Movement Screen: Assessing body movements and identifying areas of weakness or imbalance. Strength & Flexibility Screen: Evaluating muscular strength and joint flexibility. Resting Metabolic Heart Rate: Measuring the heart rate at rest to understand metabolic health. Postural Assessment: Analyzing posture to identify any issues related to musculoskeletal health. Vo2 Max: Measuring the maximum amount of oxygen a person can utilize during intense exercise. Same Day Summary Review: Immediate discussion of test results and personalized recommendations. Add-on Tests: Multi-Cancer Screening Laboratory Test: Comprehensive screening for various types of cancer markers. Advanced Stress Echocardiogram Screening: Includes Resting and Stress Echocardiogram, and Treadmill Stress Test. Comprehensive Cardiovascular Screening: Encompasses Resting and Stress Echocardiogram, Treadmill Stress Test, Carotid Ultrasound, and Abdominal Aorta Ultrasound. Our executive health physicals not only provide a detailed analysis of your current health and also empower you with the knowledge and resources necessary to embark on a journey toward optimal well-being. With Hoag Executive Health, your health is our priority, and your path to peak physical performance begins here. A Peek into Your Day: Sample Schedule 8:00 am – Concierge Check-In Your day begins with a warm welcome. Our dedicated team ensures you feel comfortable and well-cared for right from the start. 8:15 am – Lab And Blood Testing We kick off the day with essential lab and blood testing, providing crucial insights into your health markers. 8:30 am – Breakfast Break Take a breather and refuel with a nutritious breakfast, setting the tone for the day ahead. 9:00 am – Nutrition And Wellness Consultation Delve into a personalized session with our nutrition and wellness experts. Discover dietary strategies and wellness tips tailored to your unique needs. 9:30 am – Medical Evaluation And Testing Meet our experienced medical professionals for a comprehensive evaluation. Through advanced tests and assessments, we gain a deep understanding of your health status. 10:00 am – Physical Examination A thorough physical examination follows, focusing on every aspect of your health. Our physicians ensure no stone is left unturned. 11:30 am – Fitness Assessment Evaluate your fitness levels with our expert fitness assessment. Understand your strengths and areas for improvement, empowering you to make informed fitness choices. 12:00 pm – Lunch & Shower Break Recharge with a nutritious lunch and enjoy a refreshing shower break, ensuring you are revitalized for the remainder of your day. 12:30 pm – Concierge Check-Out Conclude your day with our concierge check-out service. Review your personalized action plan, ensuring you are equipped with the knowledge to enhance your well-being. Preparing for Your Hoag Executive Health Experience To make the most of your Hoag Executive Health experience, follow these simple guidelines: Hoag Executive Health Labs The Day and Night Before Your Blood Draw Appointment: Fast overnight (avoid eating, drinking – except water – or using tobacco products for at least eight hours) Abstain from alcohol consumption the day prior Stay well-hydrated (drink plenty of water) Refrain from strenuous physical activity (avoid high-intensity workouts) The Morning of Your Blood Draw: Take all your medications as usual Drink at least 16oz of water before arriving Avoid lotions or creams on your chest, arms, and legs (to prevent interference with EKG equipment) For ladies, avoid clothing with an underwire due to the heart-rate monitor usage Embark on Your Wellness Journey With Hoag Executive Health, your health isn't just a checkbox, it's a holistic experience designed to fit seamlessly into your busy life. Prepare for a day of personalized care, expert consultations, and proactive health insights. Your journey towards optimal health begins here. True Hoag Executive Health to guide you – because your health is your greatest wealth. Revolutionary Cancer Screenings In the realm of precision medicine, Hoag Executive Health has achieved a groundbreaking milestone. We can now detect the presence of more than 50 types of cancers with an astounding 99.5% specificity through a single blood test. This revolutionary multi-cancer screening is a game-changer for adults, especially those aged 50 or older, or individuals with a family history of cancer. By opting for this voluntary benefit, you empower yourself with knowledge. The comprehensive report you receive, coupled with extended consultation time with your Hoag physician, allows you to make informed decisions about your health. Early Detection: Your Ally in Cancer Prevention Early detection is the key to defeating cancer. With regular screenings, you increase the chances of identifying certain cancers at their nascent stages, before they have a chance to spread. By integrating multi-cancer screenings into your executive physical, you take a proactive step towards safeguarding your future. Invest in Your Health, Invest in Your Future Your health is your most valuable asset, and it deserves the best care available. Hoag Executive Health offers you not just a medical check-up, but a comprehensive wellness experience. Our commitment to providing actionable insights, personalized care plans, and revolutionary cancer screenings ensures you are equipped to make the best choices for your health. Your Journey Starts at Hoag Embark on your journey towards optimal wellness with Hoag Executive Health. From our state-of-the-art facility in Newport Beach, to our dedicated team of healthcare professionals, every aspect of your experience is crafted to empower you. Don't just settle for standard healthcare; choose excellence, choose Hoag Executive Health. Invest in your health today for a healthier, happier tomorrow. Your future self will thank you. Top 7 Reasons Patients Choose Hoag's Concierge Program As an executive, a leader, and a key decision-maker, your health impacts not just you but your team, your business, and your stakeholders. This is why an executive checkup, often viewed as an annual checkup, is a specialized form of executive medicine. It's not just a check-up; it's an investment in your health as an executive. An executive physical is a comprehensive health assessment designed for premium care. It provides a clear picture of your health status and identifies potential risks before they become serious, offering preventive care tailored to your needs. But What Exactly is an Executive Physical? Unlike a standard health checkup, an executive physical exam is a thorough, personalized examination tailored to executives. This whole-body screening involves comprehensive tests and assessments, including cardiovascular, brain, and mental health screenings, covering everything from top to bottom. An executive physical is about understanding your overall well-being and equipping you with the knowledge and tools to maintain your health as part of a personalized wellness program focused on healthy aging. Ultimately, it's about optimizing your executive wellness. Leadership Health The need for CEO health optimization and precise executive health exams goes beyond the mere fact that you're a business executive. It's about understanding that your role carries unique stresses and demands, which can affect your health in specific ways different from the general public. Executive stress management, for example, is about recognizing that your health can significantly impact your ability to lead effectively. Lastly, executive physical exams are about taking proactive steps to safeguard your health and, in turn, optimize your ability to perform at your peak. Why Executive Check Ups are Essential for Top-Level Executives You might wonder why executive checkups are essential when you already have regular annual checkups. The answer lies in the unique challenges and pressures of being a top-level executive. The high-stress nature of your role, the long hours, the constant decision-making, the relentless pressure to perform, and being under public scrutiny are all factors considered in your overall executive screening assessment. These factors can take a significant toll on your health, often in ways that a standard health check-up or even a preventive executive health exam might not fully capture. A well-designed executive health program and executive plan considers the specific health risks associated with your role and leverages modern state-of-the-art health, longevity, performance, medical services, and other necessary resources. Looking under the hood of a solid executive health screening will assess stress-related conditions, lifestyle factors, and potential health threats that might be overlooked in a regular medical services check-up. This check-up provides a clear, detailed picture of your health, allowing for early health risk assessment of potential health issues and enabling you to take preventative measures. There's More to an Executive Assessment and Wellness Checkup An executive health check-up is not just about preventing health problems. It's also about enhancing your performance and longevity through executive coaching, for example. By identifying potential health risks and addressing them proactively through personalized medical services, tailored executive coaching programs, and, on a team level, corporate health coaching, you can boost your executive performance, improve your mental clarity, and enhance your overall well-being. This, in turn, enables you to operate with sustained peak performance, ensuring that you can continue to lead effectively and contribute to your organization's success. But, with all this said, some common executive health mistakes are made with executive health programs and corporate wellness programs from a group level. Below are five of the most common mistakes. Executive Check Up Mistake #1: Lack of Personalization One of the biggest mistakes you can make regarding your personalized executive checkup is treating it as a one-size-fits-all preventive screening. With executive health services and a preventative checkup, there are common health risks associated with being an executive. However, each individual is nevertheless unique, as are their health needs. This is where a customized corporate checkup comes into play. Your executive physical should be personalized to reflect your health risks, genetics, lifestyle factors, and personal health goals. A personalized executive check-up goes beyond the standard set of tests and screenings. It considers your personal and family health history, lifestyle habits, stress levels, and other factors, such as whether you're male or female, that might impact your health. It involves a comprehensive evaluation of your physical, mental, and emotional health, providing a holistic view of your well-being through lifestyle medicine and other health domains. By ensuring that your executive physical is personalized, you can ensure that it provides the most accurate and relevant information about your health. This allows for more effective prevention and treatment of potential health issues, helping you maintain your fitness and perform at your peak. Health is not just about the physical. It, instead, requires a holistic health viewpoint that encompasses physical, mental, spiritual, and emotional well-being. A common mistake in executive check-ups is a big mistake. Your executive physical should include a comprehensive lifestyle assessment of your habits and their impact on your health. It should provide diet guidance, exercise guidance after a tailored fitness assessment, sleep management, and advice on healthy lifestyle habits, including relational and stress management. Your executive package should offer resources and support for making positive lifestyle changes easier. By addressing lifestyle factors in your executive physical and various other executive health screenings, you can take proactive steps toward exponential health improvement. You can reduce your risk of health issues, boost your energy levels, improve your mental acuity, and enhance your overall well-being. Executive Check Up Mistake #5: Overlooking Mental Health Stigma The mental health stigma is a severe issue in the workplace, and it can be particularly prevalent among executives. There is often a perception that executives should be immune to mental health issues, which can make it difficult for executives to seek help when they need it. Overlooking this stigma in your executive physical (and worksite wellness initiative) is a huge mistake. Your executive physical should directly address the executive and entrepreneur's mental health stigma, fostering a safe environment for mental health discussions. By addressing the mental health stigma as part of your executive physical, you can play a pivotal role in ensuring that you and your team have the necessary resources and support to maintain a healthy mental state and a top-performing organization. Maximizing your executive checkup involves more than just avoiding common mistakes. Following executive checkup best practices ensures that your executive physical provides the most accurate and relevant information about your health. Maximize Your Executive Health Benefits One best practice is to prepare for your executive physical. This might involve gathering information about your health history, lifestyle habits, stress levels, and any health concerns or symptoms you might have. This information can help your health and performance team create a tailored executive physical that meets your needs and health risks. Another best practice is to follow through with your executive wellness program and plan. After your executive physical, you should have a clear plan for maintaining and improving your health and performance over the long term. This might involve lifestyle changes, medication, executive life coaching, fitness programming, supplements, follow-up meetings, or other interventions. Finally, it's essential to maintain open communication with your health optimization team. Don't hesitate to ask questions, express concerns, or seek clarification about your health. A true executive concierge should be high-touch and there to alleviate a lot of things so you can focus on what you do best. The Future of Executive Health As the demands and pressures of executive roles continue to evolve, so too does the future of executive health (and determining what is an executive physical in this rapidly changing world of health). Executive health is more than just preventing and treating health issues—it's about enhancing well-being, longevity, and performance through personalized, holistic care. It's about providing you with a competitive edge and the ability to perform at a high level for decades. We can expect to see an even greater emphasis on personalization in executive physicals and concierge medicine, with more advanced diagnostic tools and screenings tailored to individual health risks, genetics, needs, and other essential biodata. We can also expect a more significant mental health focus, with more comprehensive mental health screenings and enhanced emotional health support for mental health management. Furthermore, we can expect more technology integration in the executive health world, with digital health tools and telehealth services playing a more significant role in health management. Executive wellness coaching will be digital and in-person. Your coaches and advisors will include digital health trackers, wearables, online health resources, and other digital tools to support your health. This is ushering in the era of private health and longevity management. The future of executive health is about empowering executives with health optimization tools to take control of their fitness and life and provide the support they need for sustained peak performance for decades. The health of executives, entrepreneurs, and leaders is not just personal. It's a business issue with productivity, performance, and the bottom-line implications. Conclusion Your executive physical is more than just a check-up. It's a comprehensive health assessment of your health, daily life, and longevity and a crucial tool for maintaining your performance. By avoiding common mistakes and following best practices, you can maximize the benefits of your executive physical and take proactive steps for health maintenance (and optimization). Remember, your health is not just about you. It's about your team's health, your business's health, and your stakeholders' health. Your health matters. Take the time to invest in your health, and see the difference it can make in your performance and your life. Take the first step towards a healthier, more productive future by scheduling a complimentary executive health meeting today, and discover the personalized care and support that can elevate your performance. Julian Hayes II