

Preparing for Your Visit

The executive physical program at Northwestern Executive Health has been designed with an understanding of your demanding schedule. Preparing for your annual exam will take very little of your time.

Step 1: Scheduling your executive physical

When you are ready to schedule your executive physical, simply contact us by phone or email approximately 4 weeks before you want to have your examination. This will provide time to coordinate you with all of the specialists and for all of the testing appropriate for you. An Executive Health coordinator will also provide assistance with coordination of concierge services such as lodging, ground transportation, interpretation and special dietary requirements.

Step 2: Complete a medical history questionnaire (first visit only)

Prior to your first visit, we ask that you complete a medical history questionnaire.

Step 3: Pre-visit physician consultation

You and the physician that will coordinate your executive physical will have a pre-visit telephone consultation to discuss your medical needs and concerns. Together you will collaborate on what should be included in your examination. If the physician would like to review prior medical records, we will obtain those records on your behalf.

Step 4: Pre-appointment preparation

Northwestern Executive Health will contact you prior to your appointment with your customized itinerary and preparation instructions. Typical preparation instructions are attached. Your instructions may be different based on your unique schedule.

Northwestern Executive Health

Executive Physical Preparation

Fasting:

Do not eat or drink anything except water after 8:00 PM the evening before your appointment. Drink plenty of water to avoid dehydration. Please continue to take your regular medications.

Exercise:

Do not exercise the morning of your visit.

Apparel:

You will have a full day that may consist of multiple consultations, a stress test, and other testing. To be as comfortable as possible, we recommend that you dress in casual clothing (exercise clothing, warm-up suit, etc.). You will have a private bathroom and will be able to shower if you wish.

The body composition testing requires wearing tight-fitting compression garments to obtain an accurate reading.

Men: Please bring compression (bike-type) shorts or a tight-fitting swimming suit.*
Women: Please bring compression (bike-type) shorts and a sports bra or a tight-fitting swimming suit without underwires.*

*If you do not have these garments, we will provide them for you.

Eyewear:

If your day includes an ophthalmology consultation, we suggest that you bring sunglasses to wear after your eyes have been dilated.

Identification and Insurance:

Please bring your insurance card and photo identification even if you are company-sponsored.