

Welcome to Northwestern Medicine Executive Health





Northwestern Medicine Executive Health

Established in 2005, the Northwestern Medicine Executive Health program serves both individuals and corporations who desire exceptional medical care and personalized attention in a thorough one-day medical assessment and lifestyle review that offers a complete picture of health. As a preventive medicine program focused on wellness and disease prevention, we help each patient understand how family history, lifestyle decisions and their modifiable health risk factors impact their health and well-being. We bring the best resources in medicine to screen for early signs of serious disease and identify a plan to decrease the risk of future illness. Through education, personalized tools, and year-long coaching, our team creates a holistic, integrated plan to achieve, sustain and enjoy an individual's most important asset, their health.

We invite you to learn more about what makes the Executive Physical Program at Northwestern Medicine Executive Health an exceptional and invaluable health experience.



Our approach to executive health

Our Executive Physical Program philosophy is rooted in long-term prevention. We are focused on understanding a patient's state of health today and what that means for them in decades to come. We practice evidence-based medicine, continuously bringing the most current clinical research into patient care. The physician pre-visit call ensures a practical understanding of medical concerns and identifies what the patient wants to accomplish. We use diagnostic tests based on family history, age, presenting symptoms and our findings. The culmination of the day, the internist debrief, ties all tests and assessments together for meaningful patient discussion. Our program philosophy is finely attuned to recommend a roadmap of actions an individual is ready to take to reach the health goals we have identified together. We are committed to patients leaving us with a deeper understanding of their health. We offer phone and email follow-up throughout the subsequent year with our exercise physiologist and registered dietitian to offer support and help our patients stay on track. We want the impact of the day to carry forward into the coming year.



Our clinical team wants each patient to experience the warmth of our staff and know they are a special guest for the day.

A deeply committed team

Our board certified internists work exclusively in our program and are passionate about creating a partnership with patients to engage them in their day of care. Their clinical excellence is matched by a caliber of communication and listening skills that establish a comfortable, trusted patient-physician relationship. Our patients can count on being put at ease with candid and insightful conversations backed by research to inform their health and lifestyle decisions. The quality of these conversations inspire our patients to better engage with their health.

From road warrior to marathon runner, and everyone in between, our registered dietitians and exercise physiologists meet each person exactly where they are on their health journey. They are experts at breaking down barriers, offering practical insights and building action steps based on personal goals. They are committed to patient success beyond the visit and are accessible by phone or email to offer feedback, tools and the support an executive needs to stay on track.

Northwestern Medicine Executive Health Services

Core Medical Services and Health Assessment

Pre-appointment, consultation phone call with an Executive Health physician will help identify patient goals and needs to tailor the day of care

One hour exam with personal/family medical history and medical concerns

Executive Health physician assessment: nutrition, physical activity, stress, relationships, sleep, anxiety, depression and work/life balance

Cardiovascular disease risk assessment

Resting EKG or cardiac stress test

Hearing and vision testing

PSA (men) or PAP smear, breast exam, pelvic exam (women)

Wellness and Lifestyle Evaluation

BodPod® body composition test to accurately measure body composition

Exercise physiologist consultation including work-out concerns, strategies to build fitness into work/travel and more

Registered dietitian consultation including strategies to improve nutrition, healthy menu approaches to support an executive lifestyle and more balance



Specialist Consultations and Optional Diagnostic Tests

Coordination of up to two consultations with Northwestern Medicine specialists

Day-of access to Northwestern Medicine diagnostic tests as determined by the physician

Physician End-of-Day Debrief

Same day review of all work, tests, specialty consultation findings

Year-long roadmap to address medical concerns, personal goals and health optimization strategies

All results provided for reference and sharing with patient's primary care physician

One Year Post-Visit Support

Registered dietitian and exercise physiologist communications via phone and/or email

Expert support to answer questions, offer resources and tools, provide accountability for goals



A five-star experience where no detail is too small

From the moment an executive walks through the door of our practice, it is apparent they will be able to decompress, relax and focus on their well-being. A private suite designed with hospitality in mind provides an instant haven to focus on maximizing the day's learnings. Each is well-appointed with a sofa, desk, Wi-Fi, and luxury shower, as well as spa robe and slippers. A chef-prepared lunch is served here or in the executive lounge, offering a healthy balanced meal.

Specialist appointments are carefully coordinated in advance and we accompany the executive to each, eliminating the need to navigate our campus. Our entire team works to keep the tempo of the day efficient yet relaxed.

Behind the scenes, our team is synthesizing the results of each encounter so that the next team member is prepared with tailored education, tools and support when meeting the executive. We create a seamless experience with each step building on the next.

No detail is too small for us and we work together to ensure hospitality is part of every aspect of the day. We are sensitive to the executives time and are thoroughly engaged in their care. Executives leave our facility reinvigorated to act on the invaluable insights from their day of care.



An impactful day that inspires and motivates lifestyle decisions

The Northwestern Medicine health care system is committed to the philosophy of putting *patients first* in all we do. More than a mantra, it is our deeply engrained culture to ensure the best possible patient experience. We set the bar high for ourselves each day to deliver an experience of exceptional patient care. Through an independent patient satisfaction survey, our results consistently show Northwestern Medicine Executive Health receiving the very highest rankings on key metrics of the patient experience. We know, nonetheless, that metrics are only part of the story.

Beyond a thorough executive physical, the entire Northwestern Medicine Executive Health team believes what matters most is the impact our program has on an executive once they walk out our door. What do our clients say? Consistently, they tell us the consultation and guidance they receive is exemplary. They say they leave educated, inspired, motivated and that they look forward to their next physical. Importantly, they tell us they have renewed confidence about managing their health.

This feedback underscores for us that our program is having the impact it was designed to offer. It conveys what Executive Health offers beyond an exceptional clinical experience: we are making a difference in each person's health and lifestyle. For us, this is the difference that matters.

Optional specialty consultations, diagnostic, immunization and special services

| PATIENTS HAVE ACCESS TO ALL NORTHWESTERN MEDICINE RENOWNED SPECIALTIES SUCH AS: | |
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| Cardiology Dermatology Diabetes and Endocrinology Ear, Nose and Throat Gynecology Massage and Acupuncture Nephrology Neurology and Neurosurgery Orthopaedics | Physical Medicine and Rehabilitation Psychology and Executive Coaching Pulmonology Rheumatology Sexual Health Sleep Medicine Tobacco Cessation Travel Medicine Urology |
| DIAGNOSTIC TESTING | Based on diagnosis/internist recommendation such as CT scan, DEXA Scan, mammogram, MRI, stress test, stress echocardiogram |
| IMMUNIZATIONS | Based on internist recommendation immunizations could include: Influenza, Hepatitis A and B, MMR, polio, pneumonia, shingles, tetanus-diphtheria-pertussis, typhoid |

CONCIERGE 24/7 MEDICINE

Annual Executive Physical
Direct 24/7 access to your internist
Same-day or next business day appointments at the Northwestern Medicine Executive Health office
Complimentary telephone and email consultations with your Executive Health physician

Specialist appointment scheduling
Coordination of care for diagnosis and treatment by multiple providers
Treatment research
Referrals to top specialists for your family, including your spouse/partner, dependents children and parents

WELLNESS SERVICES

Two Resting Metabolic Rate measurements per year
Two Bod Pod® body composition tests per year
Consultations with both a registered dietitian and an exercise physiologist

Unlimited phone and email support the year following the executive physical with registered dietitian and exercise physiologist

AMENITIES

Complimentary, in-building parking at 259 East Erie Street parking structure for visits to the Executive Health office (*valet parking is also available*)

Member newsletters and member events
Executive Lounge

We invite and welcome you to experience the Northwestern Medicine Executive Health difference

Engaging

Inspiring

Thought-Provoking

Relaxed

Thorough

Efficient

Warm hospitality

Actionable

Supportive

Clinical excellence

Evidence-based medicine



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