

# Executive Health

Established in 2005, Northwestern Medicine Executive Health serves executives who desire a thorough one day medical assessment with a five star service experience, same day results and tailored recommendations that offer a roadmap to achieve and maintain a healthy lifestyle. As a preventive medicine program focused on wellness and disease prevention, we help each patient understand how family history, lifestyle and modifiable health risk factors impact their health and well-being. Our program evaluates and incorporates the latest medical research to identify early signs of disease so a patient can take action to decrease the risk of future illness. We practice evidenced-based medicine, aligning our clinical expertise with patient values and preferences as well as the best research evidence into our decision making process for patient care. We empower patients with personalized tools, education, a year-long Executive Health Action Plan and follow-up wellness specialists. Our goal is to help our patients achieve, sustain, and enjoy the most important asset they have, their health.

**To make an appointment or for more information, call 312.926.1300 or visit us online at [executivehealth.nm.org](http://executivehealth.nm.org).**

Our program amenities assure a comfortable haven to focus on the day's learnings:

Private executive suite with desk, sofa, and luxury spa bathroom

Wi-Fi access

Executive lounge with snacks, refreshments, newspapers and TV

Breakfast and chef-prepared lunch

Complimentary parking

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# Executive Physical Services

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## Core Medical Services and Health Assessment

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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 addressing personal/family medical history and medical concerns

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

Cardiovascular disease risk assessment

Expanded lab panel and urine testing

Resting EKG or cardiac stress test

Hearing and vision testing

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

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## Wellness and Lifestyle Evaluation

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BodPod® body composition test to accurately measure body composition

Exercise physiologist consultation including exercise concerns, strategies to build exercise into work/travel and more

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

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## Specialist Consultations and Optional Diagnostic Tests

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Coordination of up to two consultations with Northwestern Medicine specialists

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

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## Physician End-of-Day Debrief

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Same day review of all blood 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

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## One Year Post-Visit Support

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

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

## Optional Add-Ons

As part of the Northwestern Medicine health system, our patients have access to top specialists and diagnostic services from a top tier, nationally recognized academic medical center as part of a day of care. During the pre-appointment consultation, the Northwestern Medicine Executive Health physician will determine with the patient what supplementary services would best address needs and concerns so they can be incorporated into the schedule. The Executive Health physician assures each specialist is briefed on background from the morning physical and that all consultation findings are included in the day end review of results and Executive Health Action Plan.

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### Preventive and Medical Specialty Consultations 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  
And many more

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### Diagnostic Testing

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Tests that generally are age dependent or based on family history, symptoms and physician diagnosis include:

CT scan  
DEXA scan: spine and hip  
Mammogram  
MRI  
Stress test  
Stress echocardiogram

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### Immunizations - common examples:

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Influenza  
Hepatitis A and B  
MMR  
Polio  
Pneumonia  
Shingles  
Tetanus - diphtheria - pertussis  
Typhoid



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