



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. Through a preventive medicine program focused on wellness and disease prevention, we help each patient understand how family history, lifestyle and health risk factors impact their health and well-being.

Our program 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 evidence-based medicine, aligning our clinical expertise and research evidence with patient values and preferences to make decisions and recommendations for for patient care. We empower patients with personalized tools, education, a year-long Executive Health Action Plan and follow-up consultations with wellness specialists. Our goal is to help executives 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.

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

Private executive suite with desk, sofa and luxury spa bathroom

Fitness suites

Wi-Fi access

Executive lounge with snacks, refreshments, newspapers and TV

Breakfast and chef-prepared lunch

Complimentary, in-building self-parking



Northwestern Medicine Executive Health
Lavin Family Pavilion
259 East Erie Street, Suite 2100
Chicago, Illinois 60611
312.926.1300

TTY for the hearing impaired 312.926.6363
executivehealth.nm.org



Executive Physical Services

Core medical services and health assessment

Pre-appointment, consultation phone call with an Executive Health physician to help identify patient goals and needs and 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 echocardiogram (EKG)

Hearing test

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

Wellness and lifestyle evaluation

BOD POD® Gold Standard Body Composition Tracking System 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, incorporate healthy menu approaches to support an executive lifestyle and more

Specialist consultations and optional diagnostic tests

Coordination of up to two consultations with Northwestern Medicine specialists

Same-day access to Northwestern Medicine diagnostic tests as determined by the physician

Physician end-of-day debrief

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

One year post-visit support

Registered dietitian and exercise physiologist communications via phone, NM MyChart and/or email

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

Optional add-ons

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

Preventive and medical specialty consultations such as:

Cardiology

Dermatology

Diabetes and Endocrinology

Ear, Nose and Throat

Gynecology

Nephrology

Neurology and Neurosurgery

Ophthalmology

Orthopaedics

Physical Medicine and Rehabilitation

Psychology and Executive Coaching

Pulmonology

Rheumatology

Sexual Health

Sleep Medicine

Tobacco Cessation

Travel Medicine

Urology

Additional specialties and subspecialties available

Diagnostic testing

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

Immunizations, such as:

Influenza

Hepatitis A and B

MMR

Polio

Pneumonia

Shingles

Tetanus - diphtheria - pertussis

Typhoid