

# Welcome to Northwestern Medicine Executive Health





# Northwestern Medicine Executive Health

Established in 2005, the Northwestern Medicine Executive Health program serves both individuals and corporations desiring exceptional medical care and personalized attention. We provide a 1-day medical assessment and lifestyle review that offers a thorough picture of health. Through a preventive medicine program focused on wellness and disease prevention, we help each patient understand how family history, lifestyle decisions and health risk factors impact their health and well-being. Using advanced medical resources, we evaluate 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 for individuals to achieve, sustain and enjoy their most important asset: their health.

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We invite you to learn more about what makes Northwestern Medicine Executive Health an exceptional and invaluable experience.

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# Our approach to executive health

Our philosophy is rooted in long-term prevention. We focus on understanding a patient's state of health today and what that means for them in decades to come. The pre-appointment consultation call gives our physician a practical understanding of medical concerns and identifies what the patient wants to accomplish.

We practice evidence-based medicine, continuously bringing the most current clinical research into patient care. We use diagnostic tests based on family history, age, presenting symptoms and our findings. The culmination of the day—the physician 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. Over the following year, we offer follow-up via the MyNM app 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 physicians 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 inspires our patients to better engage with their health.

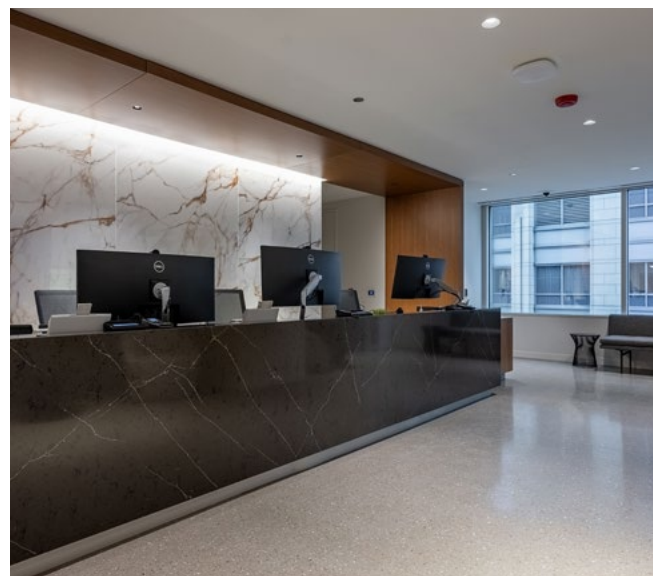
Our registered dietitians and exercise physiologists meet each person where they are: from road warrior to marathon runner and everyone in between. They are experts at breaking down barriers, offering practical insights and building action steps based on personal goals. They are committed to patient success beyond the visit and are accessible by the MyNM app 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, the consultation phone call with an Executive Health physician will help identify patient goals and needs to tailor the day of care
- One-hour examination that addresses personal/family medical history and medical concerns
- Executive Health physician assessment: nutrition, physical activity, stress, relationships, sleep, anxiety, depression and work/life balance
- Extended panel of blood work
- Cardiovascular disease risk assessment
- Resting electrocardiogram (EKG)
- Hearing test
- Prostate-specific antigen (PSA) test for men, or Pap test, breast examination and pelvic examination for women



## Wellness and lifestyle evaluation

- Body composition assessment (fat and fat-free mass)
- Exercise physiologist consultation including workout concerns, strategies to build fitness into work/travel and more
- Registered dietitian consultation including strategies to improve nutrition and incorporate healthy menu approaches to support an executive lifestyle

## Specialist consultations and optional diagnostic tests

- Coordination of up to 3 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 evaluations, tests and 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

## Support for 1 year after the visit

- › Registered dietitian and exercise physiologist communications via MyNM and/or email



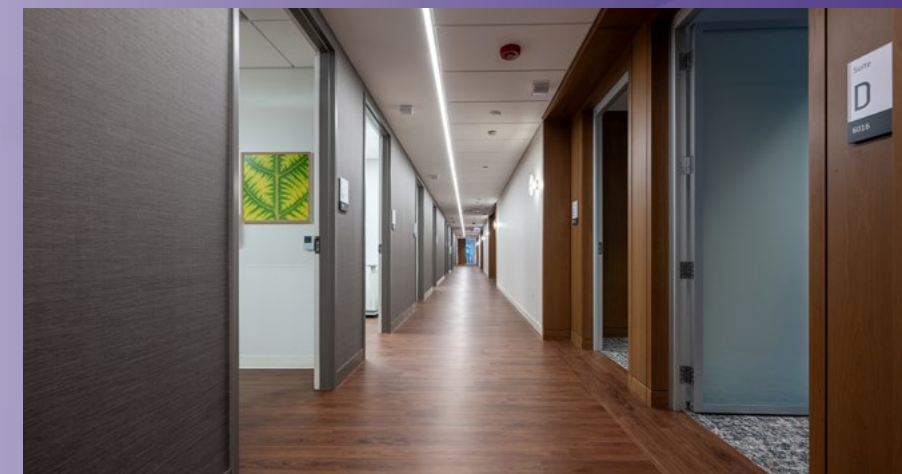
# A 5-star experience where no detail is too small

From the moment an executive walks through the door of our practice, 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 healthy, balanced, chef-prepared lunch is served here or in the executive lounge.

Specialist appointments are carefully coordinated in advance, and we accompany the executive to each, eliminating the need to navigate our campus alone. 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 make hospitality part of every aspect of the day. We are sensitive to the executive's 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 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 deliver the best possible patient experience. Through an independent patient satisfaction survey, our results consistently show Northwestern Medicine Executive Health receiving the 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 and 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 make. 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 services

## Optional specialty consultations, plus diagnostic, immunization and special services

<p><b>Patients have access to all Northwestern Medicine specialties such as:</b></p>	<ul style="list-style-type: none"> <li>Cardiology</li> <li>Dermatology</li> <li>Diabetes and Endocrinology</li> <li>Ear, Nose and Throat</li> <li>Gynecology</li> <li>Nephrology</li> <li>Neurology and Neurosurgery</li> <li>Ophthalmology</li> <li>Orthopaedics</li> <li>Physical Medicine and Rehabilitation</li> </ul>	<ul style="list-style-type: none"> <li>Psychology and Executive Coaching</li> <li>Pulmonology</li> <li>Rheumatology</li> <li>Sexual Health</li> <li>Sleep Medicine</li> <li>Tobacco Cessation</li> <li>Travel Medicine</li> <li>Urology</li> </ul>
<p><b>Diagnostic tests may include*</b></p>	<ul style="list-style-type: none"> <li>Computed tomography (CT) scan</li> <li>Dual-energy X-ray absorptiometry (DEXA) bone scan</li> <li>Mammogram</li> <li>Magnetic resonance imaging (MRI)</li> <li>Stress test</li> <li>Echocardiogram</li> </ul>	
<p><b>Immunizations may include*</b></p>	<ul style="list-style-type: none"> <li>COVID-19</li> <li>Human papillomavirus (HPV)</li> <li>Hepatitis A and B</li> <li>Influenza</li> <li>Measles-mumps-rubella (MMR)</li> <li>Polio</li> </ul>	<ul style="list-style-type: none"> <li>Pneumonia</li> <li>Shingles</li> <li>Tetanus-diphtheria-pertussis</li> <li>Meningococcal Group B vaccine</li> <li>Typhoid</li> </ul>

\*Based on recommendations from the Executive Health physician.

## Additional optional services

### Northwestern Medicine Human Longevity Clinic

As part of the Northwestern Medicine Executive Health experience, patients have the exclusive opportunity to include an assessment at the Human Longevity Clinic within the full-day executive physical. This advanced evaluation takes the annual Executive Physical a step further by revealing how the body is truly aging—and by identifying actions to optimize the healthspan.

The Human Longevity Clinic evaluates the difference between biological age (how the body is physically aging) and chronological age (years lived). Through leading-edge testing and personalized insights, diagnostics help patients understand the aging process and develop strategies to optimize their long-term health.

### Concierge Medicine

Our Concierge 24/7 practice offers patients an exceptional primary care relationship and personalized attention, building on the in-depth understanding of health gained from the annual physical at Northwestern Medicine Executive Health.

Concierge patients have the convenience of direct phone and email access to the Executive Health physician, with same-day or next-business-day appointments for urgent concerns. For more serious or chronic issues, the physician will thoroughly discuss concerns, identify treatment options and assist in navigating Northwestern Medicine specialists. Staff will help schedule specialist and testing appointments to develop a complete picture of each patient's medical situation. Many patients value the opportunity to extend the relationship developed with their Northwestern Medicine Executive Health physician into ongoing, immediate access for trusted and compassionate care.



### **Northwestern Medicine Executive Health**

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TTY for those who are deaf or hard of hearing: 711

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[executivehealth.nm.org](https://executivehealth.nm.org)



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download the MyNM® app today.

