



**EXECUTIVE
WELLNESS**

AT HEART HOSPITAL OF AUSTIN

One day, one location



One day, one location





**Healing is a matter of time,
but it is sometimes also a
matter of opportunity.**

– HIPPOCRATES –



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All results are confidential, and will not be shared with your employer, insurance company, or family members unless requested.

Stress Free

Envision having time to enjoy a leisurely breakfast and lunch in your quiet, private room with a window that overlooks the beautiful grounds at Heart Hospital of Austin. Picture yourself taking a morning break to enjoy your stress-releasing massage.

We understand everyone relaxes in different ways. This is why we provide you with options and allow you to decide what to do with free time during the day. As your test results are being processed, you can use your laptop to catch up on work or your cell phone to get in touch with family and friends. Or, you can give yourself a well-deserved day of relaxation by enjoying your massage, eating a healthy chef-prepared lunch or reading a good book. Or opt to do a little of each. It's up to you.

Not life, but good life,
is to be chiefly valued.

- SOCRATES -



Comprehensive

Medical History Consultation

During this consultation, we will thoroughly discuss your personal and family medical history. This is also your time to express any health concerns. Based on your input, your physician can help you decide which screenings and exams you need. We know from experience preventive care is less expensive and less painful than as-needed, or reactionary, care. Our mission is to empower you with the medical knowledge needed to protect your future.

The evaluation is individualized and is tailor-made to accommodate your age, gender, or medical needs. Our progressive list of services can include:

HeartSaver CT or full-body scan, comprehensive blood tests, bone density test, sleep therapy study (requires overnight stay) and more. Be sure to let us know your specific requests.

Physical Examination

Your medical history consultation will be followed by a physical examination, which includes a vision/color test, hearing test and a body composition analysis. The focus of the exam is to identify asymptomatic diseases – such as hypertension, obesity, cancer, and diseases of the heart, liver, and thyroid.

Complete Laboratory Analysis

A complete blood analysis provides information on your metabolism and chemical makeup. Some of the tests included in this analysis are a liver profile, metabolic panel, lipid panel, complete blood count, the Prostate Specific Antigen (PSA) test for men, and Pap smear for women.

Resting Electrocardiogram (EKG) & Exercise Stress Test

Your physician will review the electrical activity and rhythm of your heart, both at rest and while exercising.

Peripheral Arterial Disease (PAD)

Carotid Ultrasound

With the use of high-tech imagery, this non-invasive test will measure blood flow in the carotid arteries of your neck. Early detection of significant narrowing or blockage of blood flow can be used to identify PAD. Early treatment of the disease helps reduce your likelihood of a stroke, heart attack, or dementia.

Ankle-Brachial Index Test

This technique is used to screen for PAD. This test measures and compares the blood pressure in your upper and lower extremities in order to determine the risk of decreased blood flow resulting from plaque development in your peripheral arteries.

Computerized Axial Tomography Scan

The CT scan of the lungs, heart and internal organs can help detect whether you have early signs of disease. Some of the abnormalities the scan can detect include heart disease, kidney and gall stones, cancerous cysts or tumors, vascular disease, aneurysms and diseases of the lung.

Pulmonary Function Test

The PFT measures your air flow and lung capacity; it tracks important information regarding your lung function and helps identify breathing limitations.

Mammogram

A low-dose digital radiograph is used to examine the breasts and identify potential diseases. The computer-aided detection system searches for abnormal areas of mass, density or calcification that may indicate the presence of cancer. The American Medical Association recommends that all women over 40 complete a mammogram each year.

Nutrition Consultation

Based on your laboratory results, our clinical dietician will recommend nutritional changes and provide in-depth dietary instructions. The dietician can answer questions you may have concerning special diets and can suggest ways to improve your dietary habits through the use of a comprehensive nutritional diary.

Massage

Our treatment philosophy focuses on healing, wellness and relaxation. Come prepared to be pampered by our expert massage therapists.

Comprehensive Review of Test Results

Your physician will review the results of the day's exams and provide you with the knowledge you need to protect one of your biggest investments – your health. We're here to help you improve the connection between mind and body by encouraging you to lead a healthy, happy life. The sessions are in-depth and informative, and the education and encouragement your senior physician and clinical dietician provide can help you maintain or improve your future health.

The program is intimate and dedicated to you. You can return to see us year after year, and request your same physician each time.

This continuity of care helps us diagnose and monitor your healthcare needs appropriately.

Your physician will sit down with you and examine the results of your morning's tests and screenings. We want to make it easy for you to understand your medical diagnoses, and we're committed to taking the time to provide in-depth explanations. As a follow-up to the private consultation, you'll receive an easy-to-read report that you can share with your family and primary care physician at your discretion.

FAQ

Q: How long does it take to go through the program?

A: It takes no more than seven hours to complete the program unless you request a sleep study.

Q: When do I get my results?

A: You receive most of your results immediately. Your physician will provide an in-depth explanation of the results after the tests are completed. You'll also receive a report in the mail detailing the findings and recommendations from your health care team.

Q: Will my results remain confidential?

A: Yes, your results are confidential. They will not be shared with your family, employer or insurance company unless requested by you.

Q: Can my spouse attend?

A: Certainly. In fact, couples frequently book appointments on the same day. It's a great way for the two of you to relax and enjoy the day. Should you choose to do so, you may have your spouse sit in on your results reporting.

Q: Can I bring my laptop?

A: Feel free to bring your laptop, your cell phone or a good book.

Q: Will food be provided?

A: A mid-morning snack and lunch are provided. Any dietary restrictions you provide will be noted before you arrive.

Q: Can I obtain a colonoscopy and will it be performed the same day as my Executive Wellness visit?

A: A colonoscopy is available but due to preparation and the necessity of medical clearance prior to the procedure, it must be performed after the Executive Wellness visit.



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