

Executive Health Program

Well-Being Starts Here

Get on the path to lifelong health: Take stock of your risk factors and develop a personal action plan for improvement—for yourself and those who depend on you.

The *Platinum Exam* is no ordinary physical. Since 1990, our Executive Health Program has provided an advanced level of preventive care with a singular objective: *the restoration and preservation of optimal health*. Serving corporate leadership teams and health-conscious individuals alike, the program blends clinical expertise with focused and efficient patient care in one luxury setting.

Benefit from extensive one-to-one consultation with an entire medical team that includes an Internal Medicine physician (male or female) on the medical staff of Texas Health Harris Methodist Hospital Fort Worth, Registered Dietitian and Exercise Physiologist. The exam process averages just 3.5-5 hours to complete, and is typically accomplished in 2 time-efficient visits; or you may choose a 1-day option. Specialist physician referral with same or next day access may be arranged, as needed.



Now is the time to safeguard your health and live life knowing.

To schedule your Executive Health Physical Exam and Nutritional Analysis directly:

Email: ExecutiveHealth@TexasHealth.org
or call 817-250-3933.

For questions or additional information,
call 817-250-4000.



PLATINUM EXAM

Medical History & Physical Examination

- Musculoskeletal & Systems Examination
- Skin Cancer Screening
- Review of Adult Vaccinations
- Body Composition/Waist-Hip/BMI
- Computerized Medication Reconciliation

Diagnostic Laboratory Analysis & Blood Profile

- Comprehensive Labs (CBC, Thyroid, Liver, Kidney, Electrolytes)
- Advanced Labs: Cholesterol with Lp(a), Homocysteine, High Sensitivity C-Reactive Protein
- Vitamin D 25-Hydroxy
- Hemoglobin A1C
- Hepatitis C Screening
- Prostate Specific Antigen (PSA), *male*
- Testosterone, *male*
- Fecal Occult Test, as clinically indicated

Cardio-Pulmonary Evaluation with Imaging

- Coronary Risk Profile
- Resting Electrocardiogram (EKG)
- Stress Treadmill Electrocardiogram (EKG)
-Bruce Protocol
- Spirometry Pulmonary Function Test
- Vascular Screening – Carotid Artery & Abdominal Aorta Ultrasound, Peripheral Arterial Disease (PAD) Screening
- Chest X-ray (2 view) & Radiology Report, as clinically indicated

Additional Diagnostic Evaluation

- Vision Screening – Visual Acuity, Color
- Auditory Test
- Mammogram – Advanced 3D Breast Tomosynthesis, *female*
- Papanicolaou (PAP) Smear, *female*

Nutritional & Lifestyle Evaluation

- In-depth Nutritional Consultations with Registered Dietitian
 - Food Diary review
 - Calculation of personalized energy equation using basal metabolic rate
 - Dietary recommendations
- Lifestyle Analysis. Review of Stress/Behavioral Health, Fitness/Exercise, Sleep and overall well-being

Consultation & Comprehensive Report

- Extensive personal review of findings with recommendations by an internal medicine physician on the medical staff
- View your medical records for test results and medical history at anytime through the MyChart patient portal that uses a secure internet connection and is password protected to safeguard your information
- Exam results readily available at Texas Health hospitals for medical access during emergency or inpatient/ outpatient care
- Many physician offices may also access health data via the shared Electronic Health Record

Optional Add-On Services Include

- Calcium Score CT Heart Scan
- CT Body Scan (Lung, Abdomen, Pelvis)
- Adult & Travel Immunizations
- DEXA Bone Densitometry
- Clinical Body Work & Sports Massage
- Virtual Colonoscopy CT Scan
- Fitness Evaluation and Training Session
- **Ask about additional Menu items and custom options**

ADDITIONAL BENEFITS INCLUDE:

- Valet parking
- Private exam suites
- Services conveniently provided in one location
- 24/7 access to your medical records through the secure MyChart patient portal
- Specialist referral and access assistance available
- Located within a major medical campus and regional referral center

For additional information or follow up assistance, please call or visit the website

817-250-4000 | TexasHealth.org/EHP

