

Executive Medicine  
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# EXECUTIVE MEDICINE

## Executive Express

Two step process

1 hour in length

**Executive Express** is designed for younger executives or those who do not require comprehensive heart evaluation. These are people who value their health and wish to start the process of building a health profile. This is accomplished by assessing critical health risk factors. This program is great value for money and incorporates the key aspects of our more comprehensive assessments.



This assessment is suited to individuals over 18 years.

Scheduled as follows:

### Assessment Details

#### Step 1 pathology:

Pathology is performed by a clinical pathology service. Individuals are required to attend one of the conveniently located centres a minimum of 4 days prior to their assessment.

#### Pathology

Pathology will include:

- Full lipid profile (cholesterol, HDL, LDL, triglycerides)
- Blood glucose (diabetes screen)
- Liver function
- Kidney function
- Full blood count
- Prostate Specific Antigen (men)
- Uric Acid
- Thyroid Stimulating Hormone (women)

#### Medical Questionnaire

The questionnaire will include:

- Full lifestyle evaluation including physical activity and nutrition
- Full medical questionnaire
- Current and past medical conditions

Individuals are required to complete the questionnaire and bring to their assessment.

#### Step 2 the appointment:

#### Physical Elements Biometrics (15 mins)

#### Coronary Risk

- Height, weight, waist/hip ratio
- Body composition and fat measurement
- Blood pressure
- Resting heart rate

#### Medical Consultation with Physician (30 mins)

#### Medical Examination

- Medical/lifestyle evaluation
- Eyes, Ears, Mouth
- Respiratory System
- Cardiovascular System
- Skin cancer check
- Bowel cancer screening kit (> 50yrs extra)
- Abdominal
- Genitourinary
- Prostate check
- Breast check
- Urinalysis

#### Heart Evaluation (10 mins)

Resting electrocardiogram (ECG)

Total medical case management and referral (medical and musculoskeletal issues if indicated). Ongoing care and follow up if required.

#### Finish up (5 mins)

Time to shower, dress and depart

#### Reporting (post appointment)

All of our clients' receive a comprehensive personal health and lifestyle management report outlining key risk areas, with detailed recommendations from both the Doctor and Exercise Physiologist as well as health, safety and well-being resources.