

Your health directly influences every aspect of your life. From home to work and everything in between, you want to give your best and feel your best. To ensure you remain healthy, TriHealth Executive Health offers a convenient, one-day, comprehensive health exam designed especially for women.

ABOUT PAYMENT AND INSURANCE

Charges for the Executive Health Program for Women vary according to the extent of services provided. Various payment options are available and services are billed at time of visit. We are pleased to assist with the filing of insurance paperwork. Due to the comprehensive and preventive nature of the exam, portions of these services fall outside the scope of insurance coverage.



11129 Kenwood Road
Cincinnati, Ohio 45242
513-891-1622



**Executive
Health
Program**
for Women



P

rotecting Your Greatest
Investment—Good Health

UNPARALLELED THOROUGHNESS

Much more than a routine physical, TriHealth's Executive Health Program for Women offers a state-of-the-art medical and wellness evaluation and consultation based on clinical excellence and best practices. Our program employs more thorough, medically definitive testing at an earlier age than typically prescribed, and with good reason. Advanced testing can increase

the likelihood of detecting and treating a medical condition early on, before it progresses into a more critical health threat. For instance, a benign polyp is more likely to be discovered before it develops into an early stage cancer.

Our comprehensive examination is fully integrated with consultations in nutrition, fitness and life balance. You will receive one-on-one coaching sessions with a nutrition expert, fitness coach, life-balance specialist and a physician. From advanced medical testing to personal coaching, every aspect of the program is designed to optimize your health and enhance your well-being.



COMPREHENSIVE EVALUATION

The program is personalized to ensure that you receive the right medical advice. Your evaluation may include these components:

- Initial intake survey to address health history, current symptoms, and exercise
- Complete medical history review and physical examination
- Comprehensive blood and urine analysis
- Blood homocysteine and C-reactive protein tests
- Stress echocardiogram, standard cardiac stress testing, or nuclear imaging as indicated
- Colonoscopy
- Chest X-ray
- Pulmonary function test
- Audiogram
- Vision screen with test for glaucoma
- Body composition analysis
- Fitness, nutrition and life-balance analysis and consultation
- Health and wellness analysis with specific recommendations
- Chest CT scan for coronary calcification scoring
- Bone densitometry (DEXA scan) for women at risk for osteoporosis
- Mammogram
- CT scans of the lung, abdomen and/or pelvis as indicated
- Skin cancer screening
- CA 125 antigen screening for ovarian cancer for at-risk women
- Consultations with medical specialists and physical therapists, as indicated
- Consultations related to holistic therapies and travel health (including immunizations)
- Pap smear and pelvic examination, although the program recommends these services be provided by personal gynecologists who know each woman's medical history and anatomy



At the end of your day, a comprehensive report detailing the results of all tests and examinations, are presented to you along with a personalized health action plan. Recommendations and future health plans are carefully coordinated with your primary physician(s) and gynecologist.

Your care does not stop at the end of the day. During the year, the program provides personalized follow-up care:

- Ongoing coordination of care and support from Executive Health staff to assist with health issues and concerns as they arise
- Continued coaching to keep you focused on personal goals for improved fitness and wellness, including weight management and smoking cessation
- Ongoing coordination and facilitation of medical care and follow up in conjunction with your personal physicians
- Personalized menopause counseling including hormone testing, menopause typing and recommendations
- Assistance in finding doctors for women and their families who are new to the area

COMFORT AND CONVENIENCE

Designed with your utmost comfort in mind, our one-day program provides you with well-balanced, light meals; access to private office space and amenities; and a personal executive health coordinator to guide and assist you throughout your day. Making your health a priority has never been more convenient. By taking just one day of your time, we can help enhance your well-being leading to greater life-balance, increased energy and the priceless experience of feeling your best.

Live well and stay well with TriHealth's Executive Health Program for Women. For more information, please call the Executive Health Account Manager at 513-891-1622, Ext. 241.