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## **Executive Health at Vanderbilt**

**Vanderbilt University Medical Center** has built a strong reputation as a leader in medical education, research and patient care throughout the Southeast and the nation over the course of its over 135-year history.

**Executive Health at Vanderbilt** is located at the Dayani Center on the campus of the **Vanderbilt University Medical Center** in Nashville, Tennessee. For over 30 years, we have been offering comprehensive physicals and preventative healthcare to executives and key employees within organizations. The comprehensive package is designed to meet the needs of these people and arranged to accommodate hectic schedules. It also provides the tools necessary to achieve a healthy lifestyle.

This program provides an annual comprehensive physical and health assessments that include the following:

### **COMPREHENSIVE PACKAGE**

**\$1500.00**

- ◆ **Complete Evaluation by a Physician with Lifestyle Counseling**
- ◆ **Personal Health Profile Review**
- ◆ **Comprehensive Physical Assessment**
  - Vital Signs (Blood Pressure, Pulse, Height, Weight, Body Mass Index)
  - Complete Physical Examination with Physician
  - Visual Acuity
  - Hearing Screening
  - Electrocardiogram
- ◆ **Preventive Laboratory Testing**
  - Comprehensive Metabolic Panel  
Includes serum electrolytes, fasting glucose, calcium, kidney function, and liver function tests
  - Fasting Lipid Profile  
Includes Total Cholesterol, HDL (“good”) cholesterol, triglycerides, and LDL (“bad”) cholesterol
  - Complete Blood Count  
(Including White Blood Cell count, Red Blood Cell counts, Platelet count)
  - Thyroid Function Testing with Thyroid Stimulating Hormone (TSH)
  - Prostate Cancer Screening with PSA as indicated
  - Urinalysis
- ◆ **Vaccination Review and Update ( Additional costs may apply, advanced notice required)**
  - Tetanus/Diphtheria/Pertussis vaccine booster (once every 10 years)
  - Influenza Vaccine (annually between September and February)
  - Pneumonia Vaccine (once after age 65 or if indicated)
  - Shingles Vaccine (once after age 60 )
  - Referral to Vanderbilt Travel Clinic for International Travel Vaccines if needed

### ◆ **Treadmill Stress Test with Fitness Evaluation**

A treadmill stress test is a test commonly used to diagnose coronary artery (heart) disease. This test also measures your fitness level in the areas of endurance and aerobic capacity. During this test, a 12-lead EKG will be recorded. This test will be supervised by a physician and a Master's or Doctoral-level Exercise Physiologist.

If a person has 2 or more risk factors for coronary artery disease (smoking, lack of physical activity, high blood pressure, high cholesterol, family history of heart disease or stroke, erectile dysfunction, diabetes, etc.), it is often recommended that they receive a maximal treadmill test.

In addition to the treadmill test, we will also assess:

- Body fat composition analysis to determine body fat percentage.
- Upper and lower body strength by using the bench press and leg press machine.
- Flexibility using a sit-n-reach test.
- Muscle endurance through a one-minute sit-up test.

At the completion of this exam, the client receives a personal report from an Exercise Physiologist that:

- outlines individual results relative to health risk factors
- provides personalized recommendations
- motivates and educate about how to adopt a healthier lifestyle
- recommends how to start a personal exercise program

## ADDITIONAL TESTING SERVICES: \_\_\_\_\_ *(Available as recommended)*

### ◆ **Vascular Screening Package - \$287**

This is a painless test that does not require undressing, exercising or drawing of blood using ultrasound. We perform 3 tests using this technology:

- **Carotid Artery Scan**- This exam measures the thickening of the artery walls and can detect plaque accumulation within the arteries.
- **Abdominal Aortic Aneurysm Screening**- This ultrasound scan can show “bulging” of the artery wall, which if not detected can grow and in time rupture resulting in death.
- **Ankle Brachial Index**- This test assesses the condition of the vessels in your arteries and legs to determine blockage.

### ◆ **Chest X-ray (PA & Lateral Views) - \$80**

This test gives a visual picture of the lungs, heart, and bony structures of the chest. It is can be done annually for smokers, those with a family history of lung disease or who are symptomatic. It is not suggested for individuals who are asymptomatic, (non-smokers with no family history).

### ◆ **CT Scan for Lung Cancer Screening - \$235**

Chest X-rays are no longer indicated to screen for lung cancers. Instead, for people aged 55-74, who are current smokers, or former smokers who have a 30 pack-year history of smoking (i.e. 1 pack/day x 30 years or 2 packs/day x 15 years), currently guidelines recommend a low dose CT scan which is much more sensitive for detecting early cancers. This approach has been shown to reduce the risk of dying from lung cancer by 20%.

### ◆ **CT Coronary Artery Calcium Score - \$89**

The cardiac score is done on our CT machine and using X-rays to measure the amount of calcified plaque in the arteries of the heart and assesses the patient’s risk for heart disease.

◆ **Bone Density DEXA Scan - \$121**

This scan is one of the most accurate ways to determine the presence of osteoporosis or decreased bone calcium. It measures the bone mineral density and volume by use of x-ray energy from 2 different sources. Both the spine and the hip can be measured in a short period of time. The amount of radiation is less than that received from a chest x-ray.

◆ **Screening Mammogram - \$220**

This test is recommended with concurrent clinical breast examination every 1-2 years for women ages 40-49 and annually for women over 50 years old.

◆ **Ophthalmology Evaluation - \$96**

Vision screening is a component of the physical; however, the client has the option to receive a complete eye exam performed by an Ophthalmologist on the day of the physical. This exam is performed in the Ophthalmology Department at VUMC.

◆ **Screening Colonoscopy – (Billed to Insurance)**

This is an examination of the lower colon or large bowel that screens for polyps, tumors, diverticulitis, and other diseases of the colon. If polyps are found, they will be removed and analyzed as part of the procedure. Colonoscopy is recommended initially at age 50, then, if normal, every 10 years thereafter.

If polyps are found or there is a family history of colon cancer, the test is repeated every 1-5 years, depending on the results of the test.

If you have a family history of colon cancer occurring before age 55, guidelines recommend that you have your first colonoscopy 10 years prior to the age at which your family member found their cancer.

◆ **Upper GI - \$ 231**

This test is a visual picture of the upper digestive tract, and it is useful for recognizing ulcer disease, esophageal reflux, and upper digestive tract cancers. This test is recommended for those who are having digestive tract symptoms such as change in digestion, lack or change in appetite or unexplained weight loss.

To Schedule an appointment with our Executive Health Team, please call (615) 936-2098

*\*\*\*Any additional tests or appointments with other Vanderbilt Healthcare Providers can be arranged for a same day visit. Any referrals for follow up care can be scheduled by our executive health staff \*\*\**

## Examination Process

Executives will contact Tammie Mathis at (615) 936-2098 to set up the initial appointment or email at [tammie.mathis@vanderbilt.edu](mailto:tammie.mathis@vanderbilt.edu)

1. If you have a specific or ongoing health concern you can request a call from the nurse prior to your appointment to determine if you may require additional tests or labs.
2. An appointment packet will be sent via email to the patient no less than two weeks from appointment date. This packet will include:
  - Medical History Form to be completed prior to exam
  - Online instructions to complete the health risk assessment
  - Outpatient registration form to be faxed or mailed prior to appointment
  - Patient Instructions for pre-exam preparation
  - Map and Parking instructions
  - Instructions for registering for My Health at Vanderbilt \*\*
3. Appointment follow-up:
  - Original written report of results will be mailed within 10 business days of the exam.
  - Executives with conditions that warrant further diagnostic testing, will be referred to their primary care physician or a Vanderbilt provider for follow up.
  - Records can be forwarded to other providers with a signed *Release of Medical Information* form.

*\*\*As a benefit of having your physical at Vanderbilt University Medical Center, you will be enrolled in My Health at Vanderbilt. This is a secure online medical access to your personal medical information.*

### What can I do with My Health at Vanderbilt?

- ◆ See Lab Results
- ◆ Send and receive secure messages with the physician(s)
- ◆ Request new appointments
- ◆ View personal medical information and account
- ◆ Read relevant medical information
- ◆ Accessible anytime from anywhere

<p>For Appointments Call Tammie Mathis (615) 936-2098</p>	<p>For Questions Call Traci Carr (615) 343-4934</p>
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