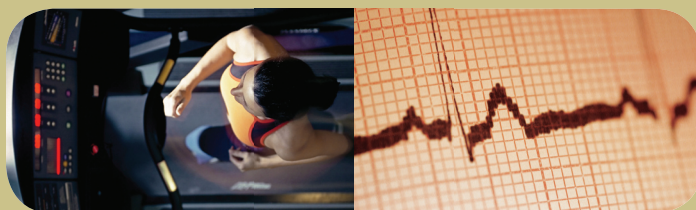


INTRODUCING

A STRESS FREE
EXECUTIVE
WELLNESS
PROGRAM

 HEART HOSPITAL *of* AUSTIN®





“I always encourage my patients to take control of their health. That’s why the Executive Wellness Program is essential. This comprehensive health screening is designed with the patient’s health and wellness in mind, providing them the knowledge and power to make the right choices regarding their healthcare decisions.”

— Charles Felger, M.D.

We know your time is valuable and opportunities to address your wellness are few. With the Executive Wellness Program, we provide an efficient, yet relaxed, schedule of screenings and exams designed to deliver a comprehensive analysis of your health status.

A Typical Day for a Program Participant

7:00am Meet the nurse and physician

We'll take time to explain your day and address any health questions that may arise. The nurse will test your vision, draw blood, take weight, height and body fat measurements and check your blood pressure standing, sitting and lying. You will then meet with the physician and begin an extensive consultation and thorough physical exam. You will be with the physician for an hour and a half. Next, the nurse will escort you to each procedure and explain the process.

9:00am Testing Begins

You will have an exercise stress test, full body CT scan (including the HeartSaver CTSM), carotid ultrasound, pulmonary function test, and ankle-brachial index test. In addition a clinical dietician will review your three-day diet analysis and offer suggestions to improve your health through diet choices.



11:50am A full body massage followed by lunch

Reward yourself for putting your health first!

1:00pm Final Consult

Before you go home, your physician will review your test results with you and answer any questions. Within a few weeks, you'll receive a comprehensive report with copies of your test results. If you wish, we will also send a copy of your results to your personal physician to ensure continuity of your healthcare.



In by 7:00am, Out by 2:00pm.
Can you afford not to?

By overlooking your own healthcare, you run the risk of delaying detection and early treatment of illnesses such as heart disease and cancer. With a seven hour commitment, your peace of mind as well as that of your family can be secured. Why would you hesitate?

Executive Wellness Program at a Glance

The Executive Wellness Program is conveniently located in Heart Hospital of Austin in a specially designed suite on the third floor. We offer privacy and comfort with an emphasis on giving you our undivided attention. This allows us to help you gain insight into your physical well-being. Here are some of the services we provide:

- Complete physical examination by a physician
- Private consultation with the physician before and after the tests
- Full Body CT Scan (chest and abdomen, excludes colon and large intestine)
- Exercise Stress Test
- Resting EKG
- Nutrition Consultation
- Comprehensive lab work including a prostate cancer test for men and a Pap smear for women
- Vision/Color test
- Carotid Ultrasound to detect carotid blood vessel disease
- Ankle Brachial Index to detect peripheral artery disease
- Body Mass Index/Composition
- Pulmonary Function Test



The Executive Wellness Program is for anyone with a demanding lifestyle. You are a parent, a spouse, a boss, an employee, a chauffeur, a chef... often at the same time. Taking care of your health is always something you will get to tomorrow. But tomorrow never quite comes. By combining cutting-edge technology and personalized care, tomorrow can become today. So ask yourself a few questions:

- Has stress in my life taken a toll?
- How about my cardiac health? Are there early signs of heart disease?
- What about breast cancer or prostate cancer?



Heart Hospital of Austin offers an opportunity to participate in a comprehensive screening program that can answer those questions. Together, with the Executive Wellness team, you can address your health issues and prioritize the goals that will lead you to a lifestyle allowing you to enjoy everything you have worked so hard to obtain for many years to come.

History and Physical Exam

A thorough history and physical examination will include the information you submit prior to your visit. This will be the foundation of our informational consult.

Vision Test

A basic vision test will be performed including a color vision test. The interior structures of your eyes are examined during the physical examination.

Complete Laboratory Analysis

A complete blood analysis will provide information on your metabolism and chemical makeup. Some of the tests included in this analysis are 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)

This will allow your physician to review your heart rhythm and the electrical activity of your heart.

Exercise Stress Test

Your physician will evaluate how your heart performs under physical activity, while walking on a treadmill at increasing workloads.

Advanced Cardiac Risk Profile

Completing this questionnaire will help determine your level of future risk for heart and blood vessel disease.

Carotid Ultrasound

With the use of the latest in Doppler imagery, this non-invasive test will measure blood flow in the arteries of your neck that supply oxygen rich blood to your brain. Early detection of decreased blood flow by plaque development can be useful in helping prevent a future stroke or dementia.

Ankle-Brachial Index

This technique measures the blood pressure relationship of your upper to lower extremities in order to determine the risk of decreased blood flow to your lower extremities through peripheral artery plaque development.

Body Composition Analysis

A measurement of your body mass index and your percentage of body fat will enable us to define your current nutritional state and make recommendations for nutritional balance.

Nutrition Consultation

Our clinical dietician will be able to recommend nutritional changes and answer any questions you may have concerning special diets or ways to improve your dietary habits utilizing a comprehensive three-day nutritional diary.

Full Body CT Scan

A CT scan of the lungs, heart, and internal organs will look inward to determine whether you have early signs of disease. Some abnormalities it detects include heart disease, kidney and gall stones, cancerous cysts or tumors, vascular disease, aneurysms, and diseases of the lung.

Pulmonary Function Test

PFT provides measurement of the air flow and lung capacity, adding important information regarding your lung function or any limitation of your breathing capacity.

Frequently asked questions

What does it cost?

The cost of the program is approximately \$3,000 – 3,500 depending on the tests you choose. You'll receive a comprehensive exam, medical tests, and screenings, all in a convenient, private setting. Discounts are available to corporate customers with 50 or more participants. We accept MasterCard, American Express, Visa, check or cash.

How long does it take to go through the program?

It takes approximately seven hours to complete the program. Breakfast and lunch are provided along with a full body massage.

Where is the hospital?

On the northeast corner of 38th and Lamar Blvd. Close to Central Market and centrally located in the heart of Austin.

Where do I park my car?

Enjoy free valet parking or, if you prefer, there is a parking garage on the hospital campus with validated parking.

How do I schedule an appointment?

To schedule an appointment, call Heart Hospital of Austin's Executive Wellness scheduling department at 512-407-7562 or visit www.EW1.org.

Heart Hospital of Austin Executive Wellness Program

For more information, or to schedule an appointment,
call 512-407-7562 or visit www.EW1.org.



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