

# ONE DAY. ONE PLACE. OPTIMAL RESULTS.

Guided by a personal concierge, all exams are performed by our team of board-certified physicians and exercise physiologists who work together to provide you with a personalized roadmap of actionable steps to help you reach your health and fitness goals.

## SAMPLE SCHEDULE

<b>8:30AM</b>	>	<b>9:00AM</b>	>	<b>9:15AM</b>	>	<b>9:45AM</b>	>	<b>10:10AM</b>	>	<b>10:30AM</b>	>	<b>11:20AM</b>	>	<b>12:20PM</b>	>	<b>12:40PM</b>
Medical Evaluation		Breakfast		Physical Consultation		Medical Evaluation Continued		Physical Examination		Nutrition Consultation		Fitness Evaluation		Shower & Lunch		Schedule Follow Up Consultation

## HOW DOES IT COMPARE TO A TRADITIONAL PHYSICAL EXAM?

### Diagnostic Testing

	Avg. Annual PX	★ Hoag 360
Vitals	●	●
Urinalysis	●	●
Vision	●	●
EKG	●	●
Spirometry		●
Audiogram		●

### Comprehensive Physical Exams

	Avg. Annual PX	★ Hoag 360
Prostate Exam	●	●
Breast Exam	●	●
Comprehensive Review of Medical History	●	●
Skin Cancer (body examination)		●
Framinham Risk		●

### Exercise Physiologist

	Avg. Annual PX	★ Hoag 360
Lifestyle and Nutritional Evaluation	●	●
Visual/Functional Movement Screen		●
Strength & Flexibility Screening		●
Postural Assessment		●
Same Day Summary Review		●

### Labs

	Avg. Annual PX	★ Hoag 360
Comprehensive Metabolic Panel	●	●
Thyroid Stimulation Hormone (TSH)	●	●
PSA (age 50+)	●	●
CBC w/ differential	●	●
Lipid Profile (HDL, LDL, VLDL, TRIG)		●
CRP-C Reactive Protein		●

**Exam Cost: \$1,595**

Time spent on your health is time well spent. Our team takes pride in being able to share that time with you. If you are ready to gain more insight into your health than ever, contact us today to schedule your appointment.

**(949) 202-4923**

**hoagexecutivehealth.com**