



A PERSONALIZED APPROACH TO HEALTHCARE

Hoag Executive Health

The success of a business depends on excellent health. Make health a priority for your clients with Hoag Executive Health, an individualized program designed specifically for busy executives. With a comprehensive and efficient approach to health care, this program offers your clients the peace of mind they need to maintain focus on their business.

- Comprehensive physical, nutritional and fitness examination
- Nationally-recognized, board-certified physicians
- Personalized concierge experience tailored to your health and fitness goals

TO LEARN MORE OR REQUEST AN APPOINTMENT, CONTACT:

Call (949) 999-9300 or HoagExecutiveHealth.com



Our program evaluates an individual's overall medical, nutritional, and fitness well-being. **Guided by a personal concierge, all exams are performed by our team, including board-certified physicians, at our state-of-the-art facility.** Upon completing the exam, the physician meets with the individual to review a personalized health roadmap designed to provide actionable steps to reach the desired health goals.

PHYSICAL COMPONENTS

Heart & Circulation

Advanced Lipid Panel
Inflammation Markers
Blood Pressure
Biometrics
Carotid Artery Assessment
Electrocardiogram

Lungs & Breathing

Pulmonary Function
Maximum Oxygen
Consumption (VO2 Max)
Allergies
Exercise Heart Rate Ranges
Pulse Oximetry

Brain & Nerves

Memory Testing
Reflex & Sensations
Hearing Screen
Vision Testing
Strength & Balance

Muscle & Bone

Movement & Pain
Strength Testing
Posture Screen
Body Composition

Stomach & Gastrointestinal

Liver Panel
Gallbladder
Micronutrients
Protein Panel

Hormones & Gland

TSH
Insulin Resistance
Metabolic Panel
Metabolic Rate

Blood & Immunity

Blood Composition
Omega 3-6-9 Distribution
CBC Complete Blood Count

Kidney & Urogenital

Urinalysis
Cancer Screen Pap Smear (Women)
Cancer Screen PSA (Men)
Kidney Function Markers
Pelvic Exam (optional)

SAMPLE SCHEDULE

8:30 A.M. Medical Evaluation
9 A.M. Breakfast
9:15 A.M. Physical Consultation
9:45 A.M. Medical Evaluation Continued
10:10 A.M. Physical Examination
10:30 A.M. Nutrition Consultation
11:20 A.M. Fitness Evaluation
12:20 P.M. Shower & Lunch
12:40 P.M. Schedule Follow Up Consultation

PROGRAM FEE

\$3,175

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