



Duke Executive Health



PROTECT YOUR
MOST PRECIOUS ASSET...
YOUR HEALTH.



BE HONEST. WHEN DID YOU HAVE YOUR LAST CHECKUP?

Not a rush visit for a cold or backache. We're talking about an old-fashioned, face-to-face, head-to-toe account of the details of your most important asset.

ARE YOU READY TO GET YOUR HEALTH IN ORDER?

Give us one day, and we will take care of everything.

Duke Executive Health is built on a simple premise: the foundation of your complete health care can be created in one day, at one location.

We eliminate time-consuming barriers, from scheduling appointments, tests, and specialist consultations, to traveling to and from different medical facilities, wasting time in countless waiting rooms, and remembering those follow-up visits.

Duke Executive Health provides an alternative to these obstacles. We offer a streamlined approach to cutting-edge world-class health care, helping you invest your time today so that you can keep yourself active and well in the future.

COMPREHENSIVE HEALTH ASSESSMENT

Your day begins with face time with a board-certified physician specializing in preventive health care. You'll receive a thorough physical exam to address your overall medical needs and health risks, such as coronary heart disease and diabetes.

From that point on, **your day is yours alone.**

We build a customized schedule around your health concerns and create solutions based upon:

■ Physical exam

- Review of your medical history
- Priority consultations with Duke specialists (additional fee)
- Summary conference with your Executive Health physician

■ Lab assessments

- Urinalysis
- Automated Blood Count with differential
- Comprehensive metabolic panel
- Chest x-ray
- Lipid panel
- Thyroid stimulating hormone
- C-reactive protein
- Prostate-specific antigen (for men)

■ EKG

■ Exercise tolerance test (ETT)

■ Body fat assessment

■ Nutrition review

- Customized nutrition recommendations
- Guide to supplements

■ Fitness consultation

- Customized exercise program based on individual goals and medical recommendations

■ Stress management evaluation

- Perceived stressors
- Depression and anxiety
- Social support

■ Genetic testing and counseling

- Complete family history

■ Five-year risk assessment for heart disease, stroke, and diabetes



YOUR HEALTH CARE TEAM

Behind the scenes, your physician works closely with a top-notch team of on-site medical professionals, including registered nurses, health psychologists and counselors, certified exercise physiologists, and registered dietitians.

The ongoing exchange of feedback throughout the day allows for real-time adjustments to your care. Our team-based approach ensures that you receive the most complete care possible.

REFERRALS TO DUKE RESOURCES

As needed or requested, our staff will provide prompt referrals to other Duke specialists or centers. These visits are not included in the basic Comprehensive Health Assessment package and may extend your daylong visit into a longer health retreat.

Frequently requested referrals include:

- Preventive cardiology
- LASIK eye surgery
- Dermatological treatments
- Duke Integrative Medicine programs and classes
- Additional nutrition classes
- Mindful eating
- Behavioral medicine for continuing stress management
- Women's health
- Extended Health Concierge Program
- Personal training
- Duke Diet & Fitness Center and additional weight management expertise
- Smoking cessation

If your visit requires additional referral care, we will be happy to provide complimentary personal transportation to and from our campus to Duke University Hospital and outlying specialty clinics.



THE NEXT STEPS

At the end of your visit, you will meet again with your Duke Executive Health physician for a summary conference and summary of the day's findings. Your physician will review:

- All labs and study results
- Risk assessment findings
- Your personalized strategic health plan
 - Disease management
 - Prevention
 - Health maintenance

The summary conference is also your time to ask any final questions you might have regarding your health.

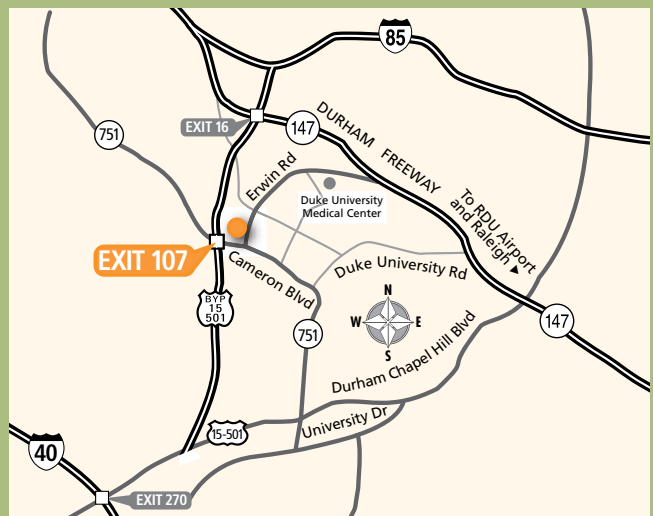
Your visit will conclude with access to your electronic medical record (EMR), serving as a centralized and convenient depository for the results of your summary conference.

After your day at Duke Executive Health, you will be equipped with the motivation, tools, and knowledge required to make lasting changes to your health and well-being. To guide you in the process, an Executive Health coach will follow up with you at one-, four-, and seven-month intervals to ensure your continued success.

LOCATION

Duke Executive Health is located on the wooded grounds of a beautiful 26-acre campus devoted to health and well-being. It is minutes from Duke University, Duke University Medical Center, the Sarah P. Duke Gardens, and Duke Chapel.

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