



EXECUTIVE HEALTH PROGRAM
WELCOME TO WORLD CLASS CARE



**One day can
change your life.**

Helping you achieve optimal
health for a fast-paced world.

Your health is our priority

We understand that the demands of work, family, and social commitments can make prioritizing your health and well-being a challenge. We're here to help.

Our Executive Health Program is a personalized comprehensive health assessment designed to help you achieve optimal health through clinical guidance, lifestyle advice, and early detection of health conditions.

We have transformed the traditional physical from a one-sided data-gathering exam into a collaborative evaluation by top medical and wellness professionals. During your day of care, you will meet with various providers, including a physician, nurse, dietitian, exercise physiologist, and a member of our psychology team. Feel confident about your health status and understand the steps you need to take to achieve better health and wellness today and throughout every age and stage of your life.

With over 100 years of healthcare experience and expertise, Cleveland Clinic is not just a healthcare provider; **we are your health partner.**

For more information about the Executive Health Program or to schedule your appointment, call [1.888.507.6885](tel:1.888.507.6885), email patientexperiencecanada@ccf.org, or visit clevelandclinic.ca.



Your day of care

Your Executive Health experience involves a variety of touchpoints with our clinical team throughout the day. The order of appointments will vary by patient. Prior to your assessment, you will complete a pre-visit call with a nurse to review your medical history and help identify your goals to customize your day of care.



Laboratory

Blood tests and urinalysis give us initial insight into how your body is working. They can detect thyroid abnormalities, liver disease, and diabetes.



Screening



Visual, auditory, and lung screening is used to identify potential concerns such as glaucoma, early hearing loss, and lung issues.



Cardiac Testing

Based on your current health needs, your physician will work with the Movement and Performance team to determine what cardiac testing is best suited for you. Testing could involve cardiac stress tests, resting ECG, VO2 max, and Exercise Capacity Assessments.



Nursing

A nurse will review your vitals, medications and health history, and administer vaccinations if needed.



Meeting with Physician

Your physician will review your medical history, conduct an evaluation, and discuss your overall physical health.



Nutrition

Food is fuel. A registered dietician will review your current diet, discuss your goals, and find an approach that keeps you feeling your best.



Movement & Performance (MVP)

Movement is medicine. Your consult will include a review of your physical, functional, and metabolic levels. Using a multidisciplinary approach, the team will provide insight and guidance related to your health and fitness journey.



Psychology

Mental health is a vital component of overall health. This session will address lifestyle factors such as stress management, work-life balance, mood, anxiety, sleep patterns, and relationships.



Results Summary

Your physician will review your lab results and share their recommendations. These results will be available for your review on MyChart within 5 - 10 business days of your assessment.



After your day of care

As an Executive Health patient, you will have the option to add our virtual care service for yourself and your family at a special rate. Whether you have a sore throat, ear infection, common cold, or another non-emergency medical condition, our Express Care® Online On-Demand virtual service lets you connect with world-class care virtually in a matter of minutes. This service is available 24/7 across Canada except for Quebec.

Benefits of Express Care® Online

Get your diagnosis quickly:

It is an easy way to treat many typical issues, including allergies, back pain, bronchitis, common cold, influenza (flu), painful urination, pink eye, sore throat, sinus infections, upper respiratory illness, and yeast infections.

Convenient prescriptions:

Have a prescription sent to a pharmacy of your choice.

Referrals to our experts:

If additional support is required, benefit from the expertise of our Canadian physicians, specialists, and wellness experts, as well as over 5,000 physicians and specialists across the Cleveland Clinic network.

Frequently asked questions

How will I receive my test results?

Results from your lab work and urinalysis will be reviewed with you by a physician during your day of care. Additional test results completed at our clinic will be available in MyChart within 5 - 10 business days of your appointment. Please note: a nurse will contact you only if there is a concern or if further clarification is needed.

What is MyChart?

Cleveland Clinic's MyChart is a secure, online health tool that connects you to portions of your medical records.

Patients using MyChart can:

- Receive test results including labs, imaging, procedures, and pathology
- Schedule appointments with our sports medicine and rehabilitation teams
- View past and upcoming appointments
- View letters from your medical team

What happens if I am referred to a specialist?

A referral coordinator will process any referrals provided by your physician and contact you when an appointment has been scheduled.

Does the physician I see become my family physician?

Our Executive Health Program does not replace your family physician. If you're looking for a family physician, you can:

- Enroll in our Concierge Medicine Program for access to a dedicated team of medical professionals for ongoing health management. For more information, contact: conciergemedicinecanada@ccf.org.
- Contact **Health Care Connect** [1.800.445.1822](tel:1.800.445.1822) or ontario.ca/healthcareconnect for assistance.

I'm a leader of an organization, can I offer this service to my employees?

Yes. We believe people are a company's most valuable asset and are honoured to help infuse a culture of wellness within your organization. To find out more about our corporate rates please email corporatehealthcanada@ccf.org.

The Executive Health Program is only the beginning.

We invite you to take advantage of the additional services we offer.



Sports Medicine & Rehabilitation Services
for those who are injured
or experience muscle or
joint pain.



**Nutrition, Fitness,
& Psychology
Consultations** can
provide additional
support to improve
your lifestyle.



Home Health Solutions
delivers high quality care,
where and when you
need it.



Want access to a medical
team 24/7? Inquire about our
Concierge Medicine Program.



Have a challenging medical
situation? **Global Patient
Services** can help.



Cleveland Clinic
Canada