

What to Expect

When you participate in Cleveland Clinic's Executive Health Program, your well-being becomes the center of attention for a full day. Here is what you need to know to obtain the most from your visit.



PRIOR TO YOUR VISIT

Please complete our medical questionnaire and fax it to 216.445.2144 as soon as possible. (If you have a MyChart® account, you can complete the questionnaire online.) The information will be used to schedule appropriate appointments.

A registered nurse will call you to review your schedule and explain any tests that will be conducted during your visit. (Special requests for certain tests or appointments may require an additional day at Cleveland Clinic.) You will be given instructions regarding any necessary dietary or activity restrictions.

One day before

Begin following any special instructions you have received. For example, you may be advised to avoid caffeine or refrain from exercising. Your lab work requires fasting. You are to take nothing by mouth except water for 12 hours prior to your registration time. You may take any prescribed medications. Please let us know in advance if you have diabetes.



WHAT TO BRING

- A copy of your current medication list
- A record of adult immunizations
- Your glasses or contact lenses
- Athletic shoes
- Shorts for stress test, if desired
- Sweater or pullover (optional)
- Laptop and cell phone (allowed in the lounge between appointments)

WHAT IS PROVIDED

- Activewear for your comfort throughout the day (yours to keep)
- Locker to store valuables
- Shower and dressing facilities
- Folder to store your health information
- Light, healthy refreshments

APPOINTMENT DAY

Check-in

Please park using the valet in front of the Crile (A) Building on East 100th Street. When you leave, you will be given a voucher that covers the cost of parking.

Your day will begin on the first floor of the Crile Building at the Executive Health registration desk. When you enter the building, make an immediate left into the first hallway. Straight ahead, you will see the door marked “A11-Preventive Medicine.”

Depending on which tests have been prescribed, you may be required to visit practitioners on various floors of the A building and other buildings throughout the day.

After each consultation or test, please return to the Executive Health reception desk. The attendant will direct you to your next location at the appropriate time and will advise you on any dietary restrictions related to testing.

If you have any questions while you are here, the front desk will be your reference point.

End of the day

Your Executive Health physician will review available test results with you and provide you with a summary overview of your health.

Within two weeks, you will receive a comprehensive report by mail. This report will include all medical findings and test results, as well as recommendations for addressing potential problems and developing effective strategies for healthy living.



If you have any further questions about your visit, please call our appointment line at **216.444.5707 or 800.223.2273, ext. 45707.**



If you have any further questions about your visit,
please call our appointment line at

216.444.5707 or
800.223.2273, ext. 45707.

clevelandclinic.org/exechealth



Every life deserves world class care.

9500 Euclid Ave., Cleveland, OH 44195

Cleveland Clinic is a globally integrated multispecialty healthcare system combining hospital and outpatient care with research and education for better patient outcomes and experience. Cleveland Clinic has 81,000 caregivers worldwide, including 5,700 physicians and scientists. The health system consists of 23 hospitals and 276 outpatient locations, including a main campus in Cleveland; 15 regional hospitals in Northeast Ohio; five hospitals in Southeast Florida; a center for brain health in Las Vegas, Nevada; executive health and sports health services at two locations in Toronto, Canada; a hospital and outpatient center in London, United Kingdom; and a hospital and cancer center in Abu Dhabi, United Arab Emirates.
clevelandclinic.org

©2024 The Cleveland Clinic Foundation

24-EXH-48182135