

Health Check-up

One of the best methods for prevention of disease is to get a health check-up, even if you are healthy. With a health check-up we can detect many diseases before they start, and find problems early, when chances for treatment and cure are better. By getting the right screenings, and treatments, you are on the path to living a longer, healthier life. We offer a variety of health check-up plans and the health check-ups can be tailored to your specific needs. Our signature plan is the Executive Full Body Health Check-Up and is the most thorough health check-up plan available.

Executive Health Check-up Plan

If you lead a demanding and stressful lifestyle, an Executive Health Check-Up is most definitely right for you. The health check-up is tailored to meet your individual needs and provides a detailed assessment of your overall physical health, and typically includes the following tests and consultations:

EXECUTIVE HEALTH CHECK-UP

Includes:

- Detailed medical history and physical examination by an internal medicine specialist
- Full range of screening tests for early detection of cancer, heart disease, and other serious conditions, including full blood tests, cholesterol and lipid profile, urinalysis and blood chemistries to detect diabetes, kidney and liver disease,
- Testosterone testing
- PSA testing
- Cardiovascular fitness evaluation, including resting EKG, cardiac stress test, blood pressure readings
- Pulmonary health evaluation
- Chest X-ray
- Bone densitometry to evaluate risk of bone fracture
- HIV testing
- Abdomen Ultrasound



- Prostate Ultrasound
- Audiology evaluation
- Eye exam with glaucoma screening
- Dermatology evaluation
- Weight, fitness and stress evaluation, including nutrition consults and body composition test.
- Review of medications, vaccinations and immunizations needed for international travel
- Lifestyle assessment, including review of nutrition, stress management, alcohol, tobacco and other indication of disease.
- Exit interview with internal medicine specialist and review of all your tests and a full report which you may wish to discuss with your personal doctor when you return home.
- **Additional Services:**
 - CT angiography
 - Full body CT scans to identify potential problems and disease
 - Colonoscopy*
 - Gastroscopy*

(*extra charge)

The consultations and tests for the health check-ups are conducted by skilled English-speaking doctors using the latest testing equipment and technology, and is usually completed within 8 hours, over a convenient one day or two ½ days.

Cost of the Executive Health Check-Up will range from **\$950 to \$3500 US** depending on the tests required. Request and complete our comprehensive medical questionnaire and we will provide a free assessment of your health and cost estimate of the Executive Health Check-Up Plan