



EXECUTIVE HEALTH PROGRAM
AT ROBERT WOOD JOHNSON

THE EXECUTIVE EXAMINATION

The Executive Examination is a comprehensive, streamlined medical exam that lasts approximately five hours, with results provided to you the same day.

In addition to the typical medical workup, our Executive Examination gives you the opportunity to work on preventive health and wellness by meeting with nutrition and fitness experts.

This exam will help us discover potential health problems, assess your medical risk factors and administer treatment if necessary.

In the event that you need specialty medical care, you are at the region's top hospital, with access to world-class physicians who are using the latest in technology, services and research to move medicine forward.

Generally, appointments can be scheduled within one week.

Executive Primary Health Exam

- **A pre-appointment interview based on your medical history**
- **Physical exam by internist**
- **Complete blood studies and labs drawn (includes PSA level for men)**
- **Electrocardiogram**
- **Chest X-ray**
- **Hearing screening**
- **Vision testing**
- **Cardiac stress test**
- **Fitness evaluation**
- **Nutrition consultation**
- **Physician consultation, results and recommendations**

It is important to note that The Executive Health Program does not replace your primary care physician and the Executive Examination is a one-time visit.

The results of your Executive Examination will be shared with your primary care physician, along with recommendations based on your results that will help promote a healthy lifestyle.





WOMEN'S WELLNESS CONSULTATION

Women climbing the corporate ladder are susceptible to many of the same health conditions as men. However, they are also prone to an additional set of health concerns. At RWJUH, we've customized a plan just for women.

In addition to the standard Executive Examination, a Women's Wellness Consultation also includes:

- **Executive Health Physical**
- **Pelvic exam by a gynecologist**
- **Pap smear**
- **Complete blood studies (includes CA-125)**
- **Screening mammogram**
- **One follow-up visit**

FEE SCHEDULE

A concierge fee is required at the time of your visit.

The Executive Health Program submits the balance of charges to the patient's insurance company on his or her behalf.

Patients will be responsible for any co-payments or deductibles as defined by individual health plans.

Please note that this fee is considered a "non-covered benefit" by most health plans. Specifically, it covers the expedited concierge services offered by The Executive Health Program including:

- **Comprehensive on-site services**
- **Extended, 90-minute one-on-one physician contact**
- **Same-day "Stat" results on testing services**
- **Concierge service for scheduling**
- **All follow-up needs**

The fee includes, but is not limited to:

- **Single-day comprehensive medical exam and testing**
- **All services provided in one location**
- **Invaluable dedicated time spent with your physician for a thorough and complete history and physical utilizing his/her medical expertise**
- **Access to all centers of excellence, medical, surgical and laboratory resources of Robert Wood Johnson University Hospital**
- **Access to your executive health coordinators via e-mail or telephone with response and follow-up in a timely manner on any medical issues or concerns**
- **Assistance with future scheduling of necessary medical testing at Robert Wood Johnson University Hospital**
- **Communication of exam and test results to your primary care physician**
- **A copy of your test results and physical exam for your personal records**



INSURANCE

The Executive Health Program at RWJUH accepts insurance from the majority of carriers. The diagnostic portion of the examination will be processed through your insurance plan. The fee is considered a non-covered service that you will be responsible for on the day of your visit. Payment is expected on the day of your exam unless previous billing arrangements have been made with your company.

Accepted Insurance Plans

The Executive Health Program accepts most major insurance plans. Please call prior to your appointment to confirm your coverage.





ABOUT OUR FACILITY

Our facility was designed for the comfort and convenience of today's busy executive and includes:

- **Business center with Internet access**
- **Private showers and restrooms**
- **Refreshments and meals**
- **On-site, sheltered parking**
- **Other amenities**



ADDITIONAL SERVICES

The Executive Health Program at RWJUH extends beyond just the Executive Examination. For an additional cost, we also offer:

- **Bone density scan**
- **Screening colonoscopy**
- **CAT Scan**
- **Pulmonary function tests**
- **Thallium stress test**
- **Full body scan**
- **Diet and exercise consultation (50 minutes)**
- **Endometrial biopsy**
- **Pelvic sonogram**
- **MD consultation services (50 minutes)**
- **Nutrition consult with registered dietitian (60-120 minutes)**
- **Follow-up**

THE MOBILE APP

Your health & wellness is now at your fingertips.

Use the RWJ Executive Health Program mobile app to:

- Access our Diet & Exercise Guide on-the-go
- Dispel health myths with tips researched by our physicians
- Schedule an appointment by phone or email
- Initialize GPS navigation to our office suite
- Meet our physicians
- Learn more about our services





NEXT STEPS

Before Your Visit

Now that you are ready to take your health matters into your own hands, not only for yourself, but for your family at home and at work, here's what you need to do:

Call 1-888-887-9584 and schedule an appointment.

Before the appointment, you will receive a packet by mail with a detailed health questionnaire as well as directions for parking and arrival to the suite. In addition, we will include instructions on fasting after midnight.

You will receive a pre-visit call to go over your medical history, explain your tests for the day and answer any questions you may have.

After the Examination

Following your Executive Examination, you will receive your one-on-one consultation with a physician, who will summarize your results and provide you with the findings. If any potential or existing problems are identified, your physician will offer to arrange priority access to RWJUH's specialists for further evaluation.