Eisenhower Executive Physical Program

At The Eisenhower George and Julia Argyros Health Center

The Eisenhower Executive Program is a world-class preventive medicine program designed to provide patients with a comprehensive health evaluation, tailored to their specific health and wellness needs.
Early this year, Eisenhower Medical Center opened its new three-story, state-of-the-art 92,000-square-foot Eisenhower George and Julia Argyros Health Center. One of the unique services available at the Argyros Center is Eisenhower's new Executive Physical Program.

The Eisenhower Executive Physical Program is a world-class preventive medicine program designed to provide patients with a comprehensive health evaluation, tailored to their specific health and wellness needs. For each individual, Eisenhower physicians structure a customized four-hour examination schedule that includes a comprehensive review of a patient's medical history, followed by a full range of preventive screening tests for early detection of cancer, heart and lung disease, as well as other serious medical problems. All of the testing is done onsite at the Argyros Center.

Unlike similar programs at other institutions that require a multi-day commitment on the part of patients, Eisenhower Executive Physical Program procedures are all done in a single day. A personal patient liaison coordinates the schedule and assists with the logistics related to the appointment to maximize efficiency. The result is an evidence-based assessment of any risk factors or medical issues that can have an impact on an individual's long-term health — a personal health "report card."

The core of the exam is a complete patient screening, with a panel of tests that includes vascular screening, comprehensive blood testing, vision, hearing and breathing exams, musculoskeletal fitness assessment, ultrasound screening of the carotid and aortic arteries, and physiological and anatomical testing. Other optional tests may include a chest X-ray, a coronary calcium score, a virtual colonoscopy, a total body scan, a cardiac stress test, a bone density test, and a mammogram and pap smear (for women). Participants can register and complete a pre-evaluation questionnaire online, which allows the medical team to determine whether any special tests should be ordere "Because the program provides patients with evidence-based preventive screenings, it is a unique opportunity to identify any risks they may have that could affect their long-term health."

Among the other convenient, time-saving services provided for patients during their appointment are light refreshments, private showers and dressing rooms, wireless Internet access, and ambassadors to escort patients to and from each examination.

Once the tests and screenings are complete, patients have an extensive, one-on-one consultation with an Eisenhower board certified physician to discuss test results, and to receive the physician's diagnostic impressions and treatment recommendations. A complete written report is available within seven days of the completed Executive Physical. As needed, the medical staff will provide referrals to Eisenhower's many health programs, including nutrition classes, exercise programs, personal training, smoking cessation program, weight management, and diabetes management.

"Since we launched the Executive Physical Program, we have had a very positive response from the local community, and from patients who have been through the program," says Stephen Steele, DO, Executive Physical Physician and Medical Director, Eisenhower Primary Care 365. "Because the program provides patients with evidence-based preventive screenings, it is a unique opportunity to identify any risks they may have that could affect their long-term health. In addition, once we have identified those risks, Eisenhower physicians work with them to develop a 'roadmap' to help them eliminate those risks."

Executive physicals are not covered by insurance. For additional information on pricing and other specifics of the Eisenhower Executive Physical Program, please visit executivephysical.emc.org or call the Eisenhower George and Julia Argyros Health Center at 760-610-7630.

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