

# The Executive Health Program

at AdventHealth Celebration, a part of AdventHealth Orlando



  
AdventHealth

# Ensuring Peak Health & Performance for a Lifetime

Maintaining optimal health as you age is not always easy. You set high standards for yourself, but do you know exactly what you need to do to get there? What if you had a detailed, comprehensive prescription to guide your long-term health?

## YOUR ROADMAP TO HEALTH

Dr. Vipul Patel is the foremost leader and pioneer in the field of prostate cancer and urology. Throughout his distinguished career, he has focused his talents on men's long-term health. Together with AdventHealth Celebration, Dr. Patel will help you achieve a higher level of health through whole-person care of the body, mind and spirit.

Our health assessment plans are customized by age for discerning individuals who are passionate about investing in themselves. It is an efficient and comprehensive, health analysis program. You will undergo dozens of the most effective, preventive screening tests available. You'll also receive fitness evaluations, targeted diagnostic testing and a review of any current medications and/or supplements.

These tests will provide a clear view of your overall health. The program's goal is to provide a customized roadmap to a lifetime aimed at greater health and wellness.



**Vipul Patel, MD, FACS**

- Medical Director, Global Robotics Institute
- Medical Director, AdventHealth Urologic Oncology Program
- Professor of Urology, University of Central Florida
- Founder & Chairman, International Prostate Cancer Foundation

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**"I believe each man has unique health requirements. My plan is to personalize the care of each man to deliver optimal health."**

– DR. VIPUL PATEL



# Planning for Health and Longevity

Dr. Patel works closely with the team of medical professionals responsible for the Executive Health Program (EHP) at AdventHealth Celebration. At each step, you are guided by a clinical nurse, EHP concierge and members of the EHP team — with unlimited access to all resources offered at the hospital.

Our team of health and performance-improvement experts will conduct a comprehensive health and lifestyle assessment in a notable atmosphere that rivals the very best. The results are immediate and the experience is unlike any other visit to the doctor. Guests receive care from leading specialists backed by state-of-the-art technology while enjoying a relaxing, resort-like facility.

## YOUR PERSONAL REPORT

Following extensive clinical and laboratory evaluations, the team creates a snapshot of your current health, and more importantly, a glimpse into where it may be in the future. That day, you will be provided a preliminary summary. Four weeks after your assessment, you will receive a printed and bound booklet of your test results and individual wellness report. This will become your personal guide specific to your individual physiology and needs. Implementation of this plan is key to lasting health and longevity.

## HEALTH EVALUATION SERVICES

Your health assessment will occur on the beautiful AdventHealth Celebration campus. This innovative facility and grounds were designed as a modern, resort-like atmosphere with the goal of promoting optimal healing. You can expect a relaxing experience throughout your visit.



# Assessment Packages

Prices available upon request. Packages take 1 - 1½ days to complete.

## STANDARD HEALTH ASSESSMENT

Recommended for Age 40-50

### Health and Lifestyle Medicine Consultations

- Physical exam and medical history
- Board-certified physician (MD, internal or family medicine)
- Screening and laboratory tests - registered nurse (RN)
- Exercise and fitness - exercise physiologist/certified fitness trainer
- Nutrition and dietary - registered dietitian (RD)
- Pharmacy assessment

### SCREENING EXAMS AND TESTS

- Comprehensive hearing test
- Vision screening
- Pulmonary function test
- Electrocardiogram (EKG)
- Exercise stress test - maximum oxygen consumption (VO2 Max)
- Hemoglobin A1C
- Vitamin D
- Body composition by muscle/fat ratio and BMI (Bod Pod)
- Lipid panel
- Hemoccult test
- Thyroid stimulating hormone
- Urinalysis w/o scope
- Comprehensive metabolic panel

- C-Reactive protein (CRP)
- Carotid artery ultrasound
- Ferritin
- Uric acid
- Prostate specific antigen (PSA)

### Fitness Evaluation

- Exercise physiologist/certified fitness trainer
- Exercise tolerance test and physical fitness assessment
- Fitness scorecard with heart rate prescription for exercise
- Analysis of strength, flexibility, endurance and aerobic capacity

### Nutritional Evaluation (Registered Dietitian)

- Dietary analysis and assessment of meal history
- Consultation for weight maintenance or loss

### Executive Summary With

### Lifestyle Medicine Prescription

- Individualized, interpreted same-day results
- Summary of medical, lab, imaging and specialized assessment findings
- Lifestyle medicine prescription and wellness plan
- Referrals for medical follow-up evaluations (as needed)
- Written report





## Assessment Packages (continued)

### Additional Amenities

- Meals including breakfast, lunch
- Three-month membership to the AdventHealth Wellness Center & Spa
- 20% off any one spa service excluding acupuncture
- Quarterly body composition testing (Bod-Pod) for one year

### Recommended Screenings (Additional Cost)

- STD testing
- Colonoscopy (add one additional day for prep)
- Dermatology evaluation

### STANDARD HEALTH ASSESSMENT

#### Recommended for Age 50-60

All of the offerings of Standard Health Assessment with the addition of:

- Brain health assessment
- Vitamin B12

#### Recommended Screenings (Additional Cost)

- Platelet function test
- Heart CT scan (over 55)
- Testosterone evaluation

#### Recommended for Age 60+

All of the offerings of Standard Health Assessment with the addition of:

- Vitamin B12
- Complete CBC with differential
- Ankle-brachial index

#### Recommended Screenings (Additional Cost)

- Platelet function test
- Heart CT scan (over 55)
- DEXA bone density scan
- Testosterone evaluation
- Brain health assessment





# Genomic Testing

*Can be added as an à la carte item to any plan.*

The Executive Health Program at AdventHealth Celebration has partnered with Pathway Genomics to give you access to a wealth of information stored in your DNA. A simple, non-invasive saliva test delivers data that provides you with a lifetime guide of actionable information. Our expert, in-depth medical interpretation helps us empower you to make more informed decisions about potential health risks, medication management, diet, exercise and much more including:

- Identify your risk for certain heart-related health conditions.
- Detect the precursors to coronary artery disease, stroke and Type 2 diabetes.
- Find out your optimal medication and dosage.
- Mitigate and/or prevent certain health risks.
- Optimize your metabolism.
- Tailor your diet and nutritional needs based on your genetics.

# Optional Spa Services

Your personal health concierge will be happy to arrange any of these therapies to pair with your health assessment during your visit to AdventHealth Celebration.

- Massage therapy
- Acupuncture
- Personal training
- Mindfulness session
- Fitness center access
- Facial
- MRT food sensitivity test and consultation



# The Future of Medicine is Here

Our in-depth medical consultation provides you one more powerful diagnostic tool that further personalizes your plan for optimum health and wellness; as well as helping to sustain peak performance and better manage your overall daily health.

A healthy, active life is worth the investment, which is why our assessment is an invaluable resource. The evaluation consolidates nearly a dozen different appointments into one single appointment, completed in one to one and a half days, depending on package choice.

We also have the capacity to assist and/or accommodate any number of health or travel needs you and/or your family may have prior to your visit to Central Florida. Our goal is to make your visit as streamlined, organized and stress-free as possible. If you have special requests, simply ask.



## For More Information

Executive Health Program at AdventHealth Celebration

407-303-4624 | [AHExecutiveHealth.com](http://AHExecutiveHealth.com)

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It takes only one call to arrange your appointment. | Contact us for pricing and package details.





  
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