

Cooper Clinic Executive Health

An investment in your success

Get Cooperized™

As an executive, you are among the top performers and highest achievers in your organization. As such, your organization has made your health and well-being a priority by providing you with a comprehensive preventive physical exam renowned worldwide.

Welcome to Cooper Clinic Executive Health.

Named one of the top destinations for a comprehensive physical exam by *Fortune* magazine, Cooper Clinic, through its Executive Health exam, identifies potential health problems; reduces and eliminates medical risk factors; and provides you with an individualized road map to optimal health.

At Cooper Clinic, preventive medicine isn't just something we do.

It's all we do.

The very notion of preventive medicine as a science was pioneered by Kenneth H. Cooper, MD, MPH, in 1970 when he founded The Cooper Institute® research and education nonprofit followed by Cooper Clinic later that same year.





“Two close friends of mine suggested I come to Cooper Clinic. That advice literally saved my life by **detecting a mass on my pancreas. I’m alive today thanks to Cooper Clinic.”**

– Thomas V. Rushing, Houston, Texas

The Cooper Clinic Executive Health exam isn’t just complete—it’s comprehensive. And includes a series of in-depth medical assessments, health screenings and diagnostic imaging tests—all customized based on age, gender and medical history. Each component is based upon the latest in science, technology and research.

As a busy executive, your time is invaluable. We’ve engineered the exam so all tests are completed in one day. With same-day results and plenty of time built in for one-on-one consultation with your Cooper Clinic physician—up to two hours if needed.

At day’s end, you will have a clear picture of your health that will provide you with more essential insight into the state of your well-being than all your previous exams combined. Following your exam, you’ll receive a written report by mail and have access to your results through our online Patient Portal.

Nearly 50 years of preventive medicine research at Cooper Clinic and The Cooper Institute® have proved a healthy lifestyle improves the quality and quantity of life.

Individuals who are fit at midlife have:

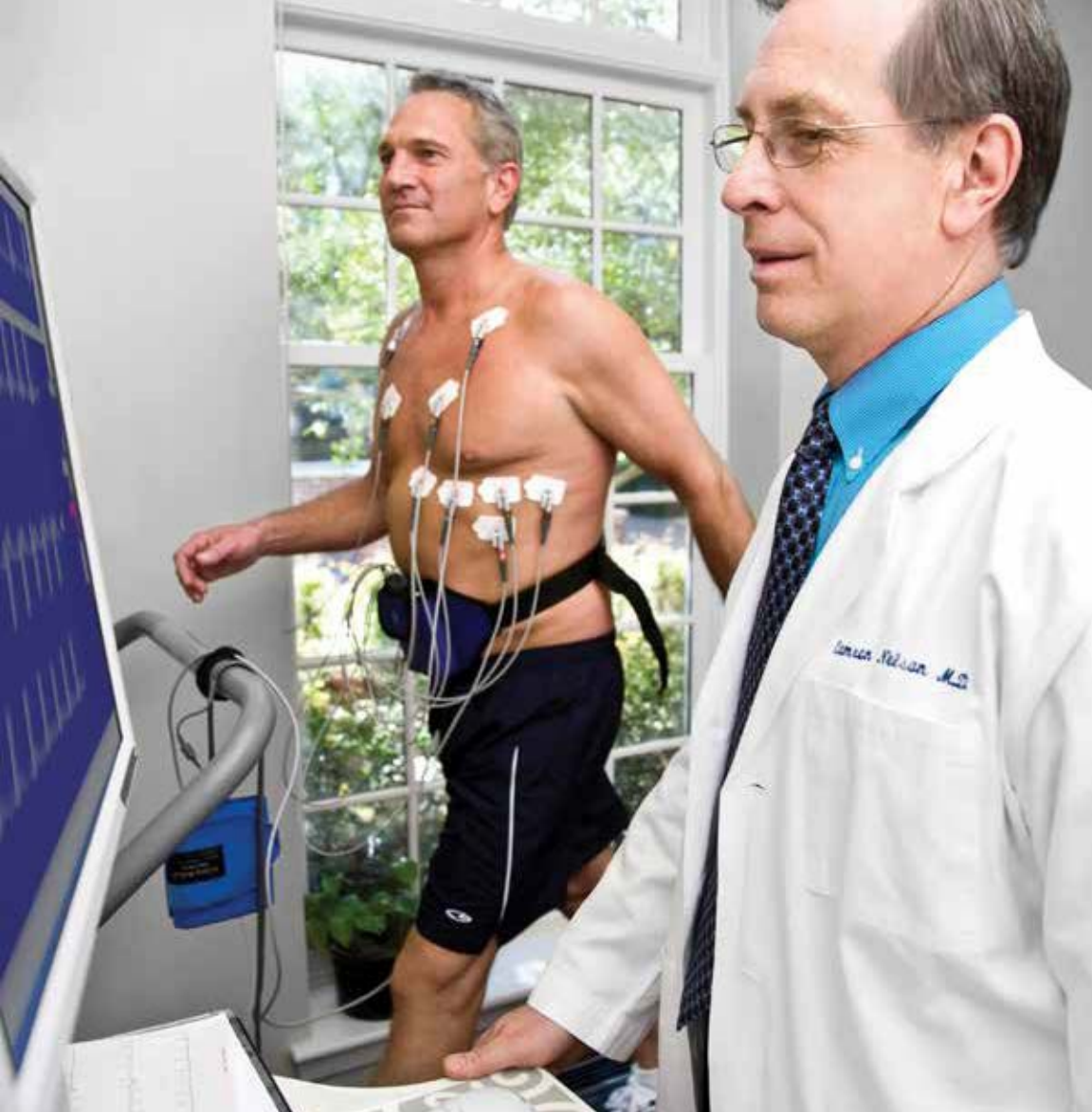
45% ↓ Fewer chronic diseases in their Medicare years and spend less time with these diseases; men with the highest fitness levels had a 45 percent lower incidence of chronic disease compared to those with the lowest fitness levels, and women had a difference of 43 percent

**36%
LESS
LIKELY** A lower risk of developing Alzheimer's disease and other dementias in their Medicare years; the highest-fit individuals are 36 percent less likely to develop dementia compared to the lowest-fit individuals

**40%
LOWER
COSTS** Reduced health care spending in their Medicare years; high-fit individuals showed 40 percent lower average annual health care costs compared to low-fit participants

What's more, a review of 240,000 Cooper Clinic patients who regularly had a physical exam showed men lived 13 years longer, and females lived seven years longer than the average life expectancy!

Improving how you live will improve how well you live. And an annual Cooper Clinic preventive exam is your first step toward living a longer, healthier life.



"I thought I was healthy, but a Cooper Clinic exam revealed four blockages around my heart and two tumors in my right kidney. The exam literally saved my life."

- Bart Mize, Corporate Client, Knoxville, Tennessee

The Foundation: Six Exam Components

While every phase of the physical exam is important, we believe the following six medical components are crucial to providing a well-rounded, in-depth look at your overall health.

1 Medical Exam and Counseling

A review of your complete medical history with your Cooper Clinic physician and a thorough physical examination with special emphasis on cardiovascular health and cancer screening. Combining the information from your history, your physical examination and your on-site testing and consultations, your physician will put these results in context for you and provide you with recommendations for healthy living.

2 Blood Work Analysis

A comprehensive analysis including cholesterol profile, blood sugar levels, complete blood count, homocysteine, urinalysis, high-sensitivity C-reactive protein, thyroid hormone, vitamin D and omega-3 among other important tests depending on your age.

3 Treadmill/Bike Stress Testing

A standardized walking or cycling test used to determine your level of cardiovascular fitness. Clinical data, analyzed and published by The Cooper Institute, demonstrate that cardiovascular fitness is a predictor of risk for many diseases—diabetes, depression, stroke, heart attacks and dementia. Before, during and after the stress test, there is continuous EKG monitoring to assess the response of your heart rate and blood pressure to exercise stress.

4 Multidetector Computed Tomography (MDCT) Scan

A scan of the upper torso detects buildup of calcium in the heart arteries, which is associated with risk of coronary artery disease. The MDCT scan also evaluates the lungs and abdominal organs and may identify findings such as fatty liver, aortic aneurysms or masses. Males: baseline at age 40. Females: baseline at age 40-50.

5 Skin Cancer Screening

A Cooper Clinic board-certified dermatologist provides a head-to-toe screening for skin cancer and other diseases of the skin. Some skin lesions can be removed that day.

6 Nutrition Coaching

A consultation with a registered dietitian nutritionist provides you with a realistic, practical approach to healthy eating. The session includes one-on-one nutrition coaching, analysis of your Three-Day Food Record and a personalized action plan based on your health history, lifestyle and habits.

What to Expect on Exam Day

Check-in

7-8:30 a.m.

The full exam takes approximately six to eight hours. For out-of-town guests, staying at our on-site Cooper Hotel makes checking in and out easy. A Patient Services Representative will give you a general idea of how your day may be structured.

Day flow

Begins with lab work

Since you will have been fasting the past 12 hours, your first procedure of the day is lab work. Your Patient Services Representative will guide you to each of your tests and procedures throughout the day. You may experience wait time between procedures, so you are welcome to bring a book, tablet or laptop. Complimentary Wi-Fi is available.

Refueling your body

Healthy snacks are available throughout your day once you are cleared from fasting. In addition, you will receive a coupon for a complimentary meal at our on-site Cedars Woodfire Grill, offering a wide array of delicious menu options.

Time with your physician

Your Cooper Clinic physician will conduct a thorough medical exam and consultation, review test results and assist in developing an action plan.

End result

All results and test reports are available and reviewed with you the same day. In addition, a written report is mailed to you and you can access your records via our online Patient Portal.



CUSTOMIZE YOUR VISIT

Cooper Clinic is one of seven health and wellness entities located at the world-renowned 30-acre Cooper Aerobics Center in North Dallas. While you're here, we can customize your visit to include a variety of services and amenities.

Cooper Fitness Center™

Featuring state-of-the-art cardio and weight equipment, more than 100 weekly group exercise classes including yoga and Pilates, indoor and outdoor jogging tracks, heated pool, tennis courts and more. Visit cooperfitnesscenter.com for more information. **Cooper Clinic patients receive complimentary access to Cooper Fitness Center during their visit.** In addition, if you decide to join Cooper Fitness Center within 12 months of your exam, the initiation fee is waived. *Please note you should avoid exercise within 24 hours prior to your physical exam.*

Cooper Spa™

For relaxation after the exam, Cooper Spa offers massage, facials, body care, manicures and pedicures. Visit cooperspa.com/Dallas for a detailed list of services. **Cooper Clinic patients receive 10 percent off any single service within 30 days of your exam.**

Cooper Complete®

Physician formulated, Cooper Complete nutritional supplements include multivitamins for adults and a comprehensive line of supplements such as omega-3, vitamin D and calcium. **Cooper Clinic patients receive 20 percent off Cooper Complete nutritional supplements** purchased on-site at The Coop inside Cooper Fitness Center or online at coopercomplete.com in addition to free shipping. Savings also apply to 30-, 60-, 90- or 120-day subscription orders.

Cooper Clinic™ Dermatology

Cooper Clinic Dermatology offers cosmetic dermatology services including Botox® and Dysport®, dermal and stimulating fillers, laser treatments, vein therapies, hand rejuvenation, chemical peels and mole removal. Visit cooperclinicdermatology.com for more information.



Questions & Answers

How long is the Cooper Clinic comprehensive exam?

The exam typically lasts six to eight hours and in most cases includes up to two hours of doctor-patient interaction. Snack items are provided throughout the day and a complimentary meal is available at Cedars Woodfire Grill at Cooper Aerobics, located on-site at Cooper Fitness Center.

When do I receive my exam results?

The same day as your exam. Your physician will discuss your results and recommendations after the tests are complete. You will also receive a complete written report by mail and have access to your results through our online Patient Portal.

Do you accept insurance for procedures not covered by my company?

Cooper Clinic does not contract with insurance companies. Our services are considered out-of-network and due to their preventive nature may not be covered by insurance.

We will assist in filing your preventive exam tests with your insurance carrier. Please contact your benefits administrator or insurance carrier for verification and more information. Patients are responsible for all payments.

What types of payment are accepted?

Full payment for tests not covered by your company is expected the day of service. Cooper Clinic accepts MasterCard, Visa, Discover, American Express, a personal check, debit card or cash.

How do I schedule an appointment?

Call the Cooper Clinic Executive Health office at 972.560.3227 and ask to schedule an appointment. Please reference your company name. All messages are returned within 24 hours, Monday-Friday. You may also request an appointment online at cooperexehealth.com—click on Appointments.

What if I need to reschedule my appointment?

We understand your schedule may change. If you must reschedule your appointment, please contact us at least seven days prior to your appointment at 972.560.3227 or exehealth@cooper-clinic.com. You will be charged a fee if you provide less than seven days' advance notice. In some cases, you may not be able to be rebooked for three to six months.

Can I schedule other Cooper services at the same time as my exam?

Yes, an appointment assistant is able to book Cooper Hotel room nights, ground transportation and other Cooper services such as a Cooper Spa treatment or Cooper Clinic cosmetic dermatology service.

Can my spouse get an exam, too?

Yes, spouses are welcome. Many couples choose to go through the exam on the same day. Check the “Additional Services” insert to find out if your company also covers your spouse’s exam costs. If not, call our office at 972.560.3227, and we will provide an estimated exam cost based on gender, age and other information.

What local hotel do you recommend?

One of our best kept secrets is that Cooper Hotel is located in the heart of Cooper Aerobics Center. Cooper Hotel is just steps away from Cooper Clinic, providing the ultimate ease and convenience. And Cooper Clinic patients receive preferred pricing on room nights. Please call 972.560.3227 and we’ll be happy to make a reservation for you.

Where is Cooper Clinic located?

Cooper Clinic is located on the 30-acre Cooper Aerobics Center in North Dallas, 16 miles from DFW International Airport and six miles from Dallas Love Field Airport. Cooper is within walking distance of casual and fine dining and retail stores.

Call 972.560.3227 to schedule your Executive Health exam, or visit cooperexehealth.com and click on Appointments.



**Watch the Cooper Clinic video
at cooper-clinic.com**



Cooper Clinic™
Preventive Medicine
A COOPER AEROBICS COMPANY

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