



TOP 10 EXECUTIVE HEALTH PROGRAMS

California Health & Longevity Institute (CHLI)	In addition to a one-day comprehensive physical, CHLI targets executives suffering from stress-related insomnia. The center, which is located within the Four Seasons at Westlake Village outside Los Angeles, uses diagnostic equipment to monitor clients' sleep patterns. (<i>Chli.com</i>)	Siobhan Palmer 818.575.8010
Center for Partnership Medicine	The Center for Partnership Medicine in Chicago wants to help patients "live younger"—that is, focus on disease prevention through what the center calls "lifestyle medicine." In addition to a complete physical, the one-day program includes two consultations with specialists. (<i>Centerforpartnershipmedicine.com</i>)	Katie Miller 312.926.9313
Cleveland Clinic at Canyon Ranch	Ranked number one for cardiac care in the U.S., Ohio's Cleveland Clinic has partnered with Canyon Ranch in Tucson and Lenox, Mass., to bring medical experts to the renowned spa. The four-day wellness program focuses on a range of areas including lifestyle management, fitness, spirituality and stress relief. (<i>Executivehealthprogram.com</i>)	Michele Narnarens 800.223.2273
Cooper Clinic Executive Medical Services	The six-hour physical from Cooper Clinic in Dallas gives same-day results. The core exam includes diagnostic testing, an MDCT scan of the torso, and a nutrition consultation with emphasis on dietary conditions including diabetes, high cholesterol, celiac disease and hypertension. (<i>Cooperaerobics.com</i>)	Cindy Bostick 972.386.4777
Duke Executive Health Program	A genetic health assessment based on family history and genomic testing gives Duke physicians in Durham, N.C., clues to a patient's predisposition for 10 diseases including diabetes, colon cancer and prostate cancer. Four procedures to assess vascular health also help develop a comprehensive risk assessment. (<i>Dukeexehealth.org</i>)	Betty Bailey 919.660.6606
The Greenbrier Clinic	Greenbrier's approach is tailored to each client. In addition to standardized tests, patients can choose from an à la carte menu of diagnostic tests based on their medical history and whatever concerns they might be having. The clinic in White Sulphur Springs, W.V., offers state-of-the-art screenings. (<i>Greenbrierclinic.com</i>)	Tonya Ridgway 800.362.7798
Johns Hopkins Executive Health Program	The Johns Hopkins Executive Health Program in Baltimore gives patients access to the leading ear, nose and throat, rheumatology and urology specialists. The program includes a hemocult, which detects GI problems, and a pulmonary function test that screens for emphysema, bronchitis and asthma. (<i>Hopkinsmedicine.org</i>)	Carolyn Jones 888.544.1340
Mayo Clinic Executive Health Program	The Mayo Clinic specializes in knowing exactly which tests to give and how to get results as quickly as possible. Executives going to its executive health program in Jacksonville, Fla., Scottsdale, Ariz., and Rochester, Minn., often have same-day access to specialists in over 100 fields, including oncologists at the world famous cancer center. (<i>Mayoclinic.org</i>)	Holly E. Occi 904.953.7392
MDVIP	A national network of doctors, Boca Raton, Fla.-based MDVIP describes their service as "beyond concierge healthcare." What does that mean? Over 300 doctors in 26 states provide MDVIP members with a yearly physical that includes comprehensive laboratory testing, an EKG and lifestyle analysis. (<i>Mdvip.com</i>)	Ellen Weinstein 866.696.3847
Penn Center for Executive Health, University of Pennsylvania	The only executive health program affiliated with an academic medical institution in the state, the Penn Center in Philadelphia offers a day-long medical evaluation customized to your gender, age and race. Before a client arrives, Penn medical professionals conduct a pre-screening lifestyle assessment by phone. (<i>Pennhealth.com</i>)	Kate Ciesielka 610.731.1429