



# Your Health. Your Performance. Your Future.

*A Comprehensive Executive Health Program  
Designed for Business Leaders*

  
**MemorialCare**<sup>™</sup>  
Long Beach Medical Center

**Long Beach Medical Center**  
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## Tailored for Leaders Who Perform at the Highest Level

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At MemorialCare Long Beach Medical Center, we understand that peak leadership begins with peak health. Whether you're managing a company or leading a team, optimal performance depends on physical, cognitive and emotional vitality.

Our Executive Health Program is designed to help you operate at your best – today and for the long run. In less than three hours, you will receive:

- **Performance Optimization:** Proactive evaluations that help you fine-tune your health and stamina
- **Elite Guidance:** Insights from top-tier medical professionals dedicated to high-achieving individuals
- **Strategic Health Insights:** A clear understanding of your body's strengths and areas of opportunity
- **Lifestyle Enhancements:** Evidence-based coaching on fitness, nutrition and stress mastery to support your goals
- **Confidential Experience:** In a private, secure, concierge style environment.

You will walk away with a powerful road map for sustaining energy, resilience and mental sharpness – designed around your demanding lifestyle.

Should you require specialized support, you will have access to top specialty physicians that have contributed to Long Beach Medical Center's recognition as among the top 3% of California acute care hospitals, including "Best Hospital" designations for OB/GYN and Orthopedics by the *U.S. News & World Report*.

### Customized Evaluations for Peak Performance

Our Executive Health Program is specifically designed to maximize your potential by enhancing your overall well-being through the most comprehensive and customizable physical examination tailored to your individual needs. Our extensive, full-body assessment may encompass critical tests detailed in the menu of services provided on the next page.

After your appointment, you'll have a clear understanding of your health status and a personalized road map for maintaining peak performance. All of the information discussed during your exam will be kept strictly confidential.

Let's work together to optimize your health and well-being, which benefits you, your employees and everyone who depends on you.

Invest in your health today!

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## Menu of Services

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We understand your busy schedule and know it requires a premier service with minimal waiting. That's why our Executive Health Program team provides the most comprehensive, streamlined physical examination available, tailored to your specific needs.

Your appointment may include the following:

### Comprehensive Physical Exam

- Complete physical exam and well woman exams (Pap smear optional)
- Other diagnostic exams and imaging per provider's discretion: chest X-ray, coronary artery scan and bone density to detect osteoporosis and assess the risk of fracture

### Complete Laboratory Panel

- Comprehensive metabolic panel, urinalysis, complete blood count, diabetes screening, lipid panel, screening for thyroid, liver, kidney, and other functions

### Visual Health Evaluation

- Visual acuity test

### Auditory Health Evaluation

- Audiogram to evaluate hearing

### Cardiac Health Evaluation

- Noninvasive screening to assess circulation in the extremities
- Calcium scoring of coronary arteries to determine risk for presence of coronary artery disease
- Resting Electrocardiogram (ECG or EKG) to screen for arrhythmias and heart issues. Further testing can be requested such as treadmill stress tests for more advanced testing
- Blood pressure readings for more accurate blood pressure
- Additional advanced testing as needed

### Gender-Specific Testing

- Mammogram, breast, and cervical Pap smears for women, as indicated
- PSA (prostate-specific antigen) testing as appropriate for men at increased risk of prostate cancer

### Pulmonary Health Evaluation

- Chest X-ray to detect nodules, inflammation, or lung abnormalities as needed.

### Workshops & Activities

- Engage in health lecture series with our medical director
  - Engage in fitness stress management activities
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## Your Legacy Begins With Your Health

Schedule your consultation today and take the first step toward maximizing your energy, clarity and impact..

All services are provided at the Long Beach Medical Center campus for your convenience.

