

Long Beach Medical Center Executive Health Program

What to Expect

Prior to Your Visit

To ensure a smooth experience, please complete the required registration form, release of records and conditions of admission as soon as possible. Our Executive Navigator will contact you with appointment reminders and provide details on what to expect during your visit. Please note that special requests for specific tests or consultations may require additional visits to MemorialCare Long Beach Medical Center. You will also receive instructions regarding any necessary dietary or activity restrictions.

One Day Before

Please begin following any special instructions provided. If your visit includes laboratory testing, fasting is required for accurate results. Refrain from consuming food or snacks after 10 p.m. the night before your scheduled lab appointment. However, drinking water is encouraged on the morning of your visit. You may take any prescribed medications as directed. If you have diabetes, please notify us in advance to ensure appropriate accommodations. A fasting blood sample and a urine sample will be required at your lab appointment.

What to Bring

- Registration form
- Release of records form
- Conditions of admission form
- Employee ID
- State-issued ID
- A copy of your current medication list
- Immunization records
- Glasses/contact lenses

During Your Appointment

Lab Testing

Your lab testing appointment will take place at the Outpatient Laboratory at Long Beach Medical Center. If arriving by car, exit the 405 Freeway at Atlantic Ave. The hospital is located three blocks south of the freeway. Turn right at Memorial Medical Center Dr. to access the Visitor Parking Lot/Structure. Please bring your parking ticket with you to receive a validation voucher covering the cost of parking.



Upon arrival, enter the hospital through the Main Entrance and check in at the Main Desk, where you may be required to present a valid photo ID. Proceed to the Outpatient Laboratory, located in the hallway to the right of the Main Lobby. Please sign in with the laboratory receptionist and have your state-issued ID ready for registration.

As part of our commitment to your well-being, we are pleased to offer a complimentary coffee break. After completing your lab testing, visit the Long Beach Bread Lab (located outside near the Valet Circle) to enjoy a \$10 complimentary purchase.

During Your Appointment Continued

Mammogram

If your visit includes a mammogram, your appointment will take place at the Todd Cancer Pavilion on the second floor. Parking is available in the lot located in front of the building, with access from either Long Beach Blvd. or Columbia St. A parking validation will be provided after your appointment, so there is no need to pay for parking in advance.

Upon arrival, enter the Todd Cancer Pavilion through the Main Entrance. Take the elevator to the second floor and check in with the reception desk.



Physical Exam

Your physical exam will also take place at the Todd Cancer Pavilion on the second floor. Complimentary parking is available in the Todd Cancer Pavilion parking lot, accessible from Long Beach Blvd. or Columbia St.



Upon arrival, enter the Todd Cancer Pavilion through the Main Entrance. Take the elevator to the second floor and follow the hallway to the left. Once inside, check in with the reception desk. No special preparation is required before your visit. Please be advised that appointment times may range between 30 to 60 minutes. Be sure to print and bring your completed registration forms with you on the day of your appointment.

For any questions or additional assistance, please contact our Executive Navigator in advance of your visit. We look forward to providing you with an exceptional experience through our Executive Health Program.

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Adult Screening and Immunization Guidelines

Adult Screening Guidelines

Screening/Testing	Who	Frequency
Abdominal Aortic Aneurysm Screening		
Abdominal Aortic Aneurysm Screening	Men who have ever smoked, between the ages of 65 to 75.	One-time screening.
Breast Cancer Screening		
Physician Breast Exam	For women ages 40 and over.	Annually.
Mammography	For women ages 40 and over.	Annually, discuss risk factors and family history with your doctor.
Cervical Cancer Screening		
Pap Smear/Human Papillomavirus (HPV) Testing	For women ages 21 to 65.	Pap test without HPV test every two years up to age 30; Pap test with HPV test every three years after age 30 (Screening Pap smears are not required after hysterectomy unless surgery was performed for cancer or precancerous disease).
Cholesterol Screening		
Lipid Panel, including LDL	For all men and women starting at age 20, or earlier if Cardiac Risk Profile reveals high risk.	Every five years or more frequently, based on results and risk profile.
Colorectal Cancer Screening		
<ul style="list-style-type: none"> • Screening Colonoscopy • High Sensitivity Stool Occult Blood Testing • Flexible Sigmoidoscopy 	For men and women ages 50 to 75 (and in some cases, 75 to 85); or age 40 or younger when there is a strong family history in a first-degree relative.	<ul style="list-style-type: none"> • Every 10 years (preferred). • Annual Screening. • Every five years, with high sensitivity stool occult blood testing every three years.
Diabetes Risk Assessment		
Fasting Plasma Glucose or Hemoglobin A1C	<ul style="list-style-type: none"> • For men and women ages 45 and over. • BMI greater than 25 with at least one risk factor. 	Every three years.
HIV Screening		
One-time screening. Follow-up tests based on discussion of individual risk with your doctor.		
Hypertension Screening		
Blood Pressure Measurement	For all men and women, regardless of age.	Every one to two years.
Lung Cancer Screening		
Low-Dose CT Lung Screening	For men and women between the ages of 55 and 74 who have smoked at least one pack a day for 30 years or more, or two packs a day for 15 years. <i>This applies if they have quit smoking less than 15 years ago.</i>	One-time screening.
Osteoporosis Screening		
DXA Scan (bone-density testing)	For women ages 65 and over or starting at menopause, if additional risk factors exist.	Baseline testing, with follow-up interval based on test results.
Prostate Cancer Screening		
Discuss with your physician.		
Sexually Transmitted Disease (STD) Screening		
Routine Chlamydia Screening	For women through age 25 who are sexually active, and women over 25 who are at increased risk.	Annually.

Adult Immunization Guidelines

Vaccination	Who	Frequency
Human Papillomavirus (HPV) Vaccine (GARDASIL®) and Cervarix® for the prevention of genital warts, plus cervical and other HPV-related cancers	For all females between ages 11 and 26, all males between ages 11 and 21, and some males up to age 26.	One series of three shots.
Influenza (Flu) Vaccine	<ul style="list-style-type: none"> Everyone six months and older. Particularly important for high-risk adults of any age with diabetes or heart, lung, kidney or immune disease; pregnant women; and those in contact with high-risk patients or who care for infants less than six months old. 	Annually.
Pneumococcal Vaccine (for Pneumonia)	For adults ages 65 and over who are at average risk.	Initial vaccination, no revaccination required.
Diphtheria, Tetanus, and Pertussis (DTaP) Vaccine	For smokers and other high-risk adults of any age with diabetes, cancer, or heart, lung or immune disease. For men and women ages 19 and older.	Initial vaccination, with single revaccination five years later. One time in place of the Tetanus-Diphtheria (Td) booster.
Tetanus-Diphtheria (Td) Vaccine	For men and women up to age 65. For men and women 65 or over.	Every 10 years. Single vaccination only.
Varicella Zoster Vaccine (for Shingles)	For adults ages 50 and older.	Single vaccination, no revaccination required.

Other vaccines that you may need:

- Hepatitis A
- Hepatitis B
- Meningococcal (Meningitis)

Customize Your Plan:

These guidelines apply to healthy adults in the general population. The right plan for your care may differ based on your medical history, family history, personal preferences, lifestyle, as well as your physician's experience. You and your physician should work together to develop a specific preventive health screening plan for you.

For additional national guidelines, visit nhlbi.nih.gov/guidelines or ahrq.gov/prevention/guidelines.

Education & Counseling:

- Smoking cessation
- Alcohol & drug abuse prevention
- Seat belt safety
- Safe sex practices
- Nutrition & exercise
- Firearm safety

For women who are entering, experiencing, or have recently gone through menopause:

- Hormone replacement counseling
- Osteoporosis prevention

Check Your Coverage:

Some tests and vaccinations may not be covered by Medicare or by your health insurance plan. Review your specific coverage before obtaining them.

Screening guidelines may need to be adjusted based on your family history.