Executive Health Programs

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To maintain good health requires a dedication to both early detection of disease and a commitment to a lifestyle that promotes good health. A complete and thorough assessment of one’s health with these goals in mind would require an individual to schedule a multitude of tests and exams as well as various meetings with physicians and other allied health professionals. Coordination of these efforts in today’s complex health care environment would be challenging, to put it mildly.

Executive health programs, also known as comprehensive health assessments, are designed to meet this challenge. These programs are planned with early detection and prevention at their core. They are comprehensive, streamlined into one or two days, and individualized to assess the particular health risks and needs of the participant.

A typical comprehensive health assessment at most institutions includes:
1. A comprehensive medical history, physical exam and health assessment by an expert physician
2. Laboratory work to detect common illnesses such as diabetes, high cholesterol, and thyroid disease as well as risk for heart disease.
3. Vision screening to detect common illnesses such as cataracts and glaucoma
4. A hearing screen to identify early deficits.
5. A fitness assessment, including measurements of body fat, muscle strength and endurance.
6. A nutrition summary and recommendations from a registered dietician
7. An exercise plan from a personal trainer.
8. Many programs also include a stress test of the heart, to further assess the participant’s risk for heart attack.
9. Many centers offer other age or risk appropriate testing such as colonoscopy or lung CT scanning.

In addition, if an executive health program is associated with a hospital or academic medical center, participants will have access to specialists who can address health needs as they arise.
How much do these programs cost?
These programs range in cost from $1,000 to $5,000 or more—depending on the institution, what is offered, and any extra tests or programs added.

Who is a candidate for one of these programs?
- First, a participant would be someone who is interested in a one- or two-day comprehensive assessment of their overall health.
- Second, many corporations provide and require this assessment as part of their executive compensation package. It is in the best interest of a company to ensure its leaders are in good health and have the tools to stay that way.
- Third, some insurance companies may pay for part, but often not all, of the cost of the evaluation. It is prudent to check with your insurer prior to participating in any individual program.
- The final group that tends to participate has the independent resources to finance the assessment.

In summary, executive health programs are designed for active people with the resources to participate in a one- to two-day streamlined, comprehensive and individualized health assessment. The goals are the early detection of disease and the development of a plan for the prevention of future illness.

To learn more about Dr. William Harper, visit: http://www.uchospitals.edu/physicians/william-harper.html

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