Program for
Personalized Health & Prevention

EMPOWERING YOU TODAY
FOR A HEALTHIER TOMORROW
Program for Personalized Health & Prevention

A Message from Our Medical Director
Welcome to the Program for Personalized Health & Prevention, led by physician faculty from the University of Chicago Medical Center. Established in 1999 as the Program for Executive Health, our health care team provides comprehensive full-day physical exams for individuals and corporations seeking the best that medicine has to offer.

Our goal is to combine unparalleled health care with exceptional service. We create a customized medical visit for each individual based on current health, personal lifestyle and family medical history. We deliver expert clinical diagnosis, disease prevention and a roadmap for lifestyle change.

Our Mission

Know
We perform a comprehensive assessment of your health and learn your individual health goals. Your physician evaluates information from numerous sources: your comprehensive pre-visit questionnaire, your personal health records, and an in-depth, full-day assessment with our expert clinical team.

Empower
We educate you about your body, specific risk factors, and how to take decisive action to improve your health and prevent disease. At the end of the day, we provide you with a Personalized Health Portfolio, empowering you to actively participate in your own health care to reach your goals.

Achieve
Knowing what to do is not enough. Plans must be put into action. After creating a roadmap, our team can help you achieve the pinnacle of your personal health. If we discover a health issue or gain insights into existing issues, we collaborate with your physicians or our own team of specialists for further diagnosis and treatment.

Explore
Our physicians, nurses, dieticians and exercise physiologists are the core of our team. As part of the world-renowned University of Chicago Medical Center, we collaborate with some of the brightest minds in health care. Our specialists may be consulted at the time of your visit or at a follow-up appointment.

Access
We provide access to our services at the Medical Center and at our downtown Chicago location.

We look forward to your visit with us.

Best regards,

William Harper, MD
Medical Director
Program for Personalized Health & Prevention
360° Personalized Approach To Preventive Medicine

"Knowing is not enough; we must apply.
Being willing is not enough; we must do."

– Leonardo DaVinci
At the University of Chicago Medical Center’s Program for Personalized Health & Prevention, we approach medical care with a focus on you as an individual—tailored to your personal health issues and risks. Effective health care is not simply reacting to a problem when it occurs; it is about taking steps to help prevent medical issues from developing and protecting what is most important—your health.
Physician-scientists and researchers at the University of Chicago have pioneered breakthroughs in medicine, bringing innovative treatments to patients at the safest point possible. These advancements in medicine now enable us to uncover, from a genomic, cellular, and behavioral perspective, the many factors affecting your health. By the end of your comprehensive assessment, you will have a strategy to improve your health.

Utilizing its many tools, the University of Chicago Medical Center is driven to be the leader of a proactive, multidisciplinary approach to medicine. Our physicians dedicate their careers to advancing medicine through excellence in patient care, research and education.
As an executive and operating partner within a private equity firm, my health is critical to my firm, my family and my own well-being. I have had annual physicals for most of my adult life and used the services of some of the greatest health institutions in the country.

In 2008, I was recommended to the Program for Personalized Health & Prevention for my workup. My experiences at the Medical Center were nothing short of excellent, from the moment I made the appointment to the moment I left. The process, expediency, use of metrics, and closeness in which I worked with my lead physician was incomparable. It is a standout program, a cut above all that came before.

The one key area that impressed me the most was the regular follow-up that I received from my lead physician. He provided confirmation that I was doing the things he recommended in my personal analysis.

Frank J. Feraco
Chairman, Great Lakes Equity Partners
Chicago, Illinois
Our Service

A busy schedule should not interfere with getting the best medical care. Unfortunately, medical office visits can leave you feeling rushed, and with lingering concerns. Answers often require multiple time-consuming visits.

Our care is truly different: We navigate the issues most important to your health, while providing efficient service tailored to your needs. We answer the questions you ask — as well as the questions you may not think to ask.
What to Expect

Prior to your assessment, our staff will assist with any issues emerging from your pre-visit history questionnaire.

Just before your visit, expect a call from us to inquire about any additional needs you may have.

During the comprehensive one-day assessment, multiple medical experts evaluate your risk factors and existing medical conditions. This includes extensive one-on-one time with your Personalized Health & Prevention physician.

Your comprehensive screening and testing will include:

- Physician history and examination
- Comprehensive lab services
- Dermatology skin screening
- Hearing and vision testing
- Pulmonary function screening
- Cardiology: EKG and stress testing
- Registered dietician consultation
- Exercise physiologist consultation
- Personalized Health Portfolio review with your program physician
Your Health Portfolio

Our multidisciplinary staff, led by your program physician, collaborates to formulate your Personalized Health Portfolio — your roadmap with clear action steps to achieve maximal health. We deliver tangible results today and a plan for every day thereafter. Through continued communication, we will keep you accountable to your specific action plan.

Confidentiality

All findings are held in the strictest confidence. Only with your permission will we release your records.
Working with staff from the Program for Personalized Health & Prevention has helped me focus on my health, while balancing a highly demanding career and setting a better example for my kids.

My physician and team have both the sense and the sensitivity to know when to push me harder, and when to back off. The approach of small, incremental changes makes adjusting habits easier to manage and to sustain. Six months after my first meeting with my physician, I’ve kept up my routines even while traveling.

The commitment the team has made to me — to be available and provide ongoing assistance, took me completely by surprise. It’s a very personalized, personal approach to medicine.

Jill M. Saletta
Director of External Communications, Whirlpool Corporation
Benton Harbor, Michigan
Our Team

Our Program for Personalized Health & Prevention team includes board-certified physicians, nurses, dieticians and exercise physiologists. We collaborate with the brightest minds in health care at the University of Chicago Medical Center.

Many patients return annually and elect to have the program physician become their primary care physician.
Your Full Day Assessment

**Your Agenda for the Day**
- Your arrival and orientation
- Lab tests
- Breakfast
- Initial meeting with your program physician
- Nutrition counseling with a Registered Dietician
- Vision screening
- Hearing screening
- Lunch
- Musculo-skeletal assessment
- Consultation with Exercise Physiologist
- Electrocardiogram (EKG) and Exercise Stress Test
- Comprehensive skin exam from Dermatologist
- Special screenings and consultations
- Follow-up meeting with your program physician with a full review of your Personalized Health Portfolio with our final recommendations and action plan
- End of day

**YOUR ARRIVAL**
Our staff will greet you upon arrival and guide you through your day.

**LAB TESTS**
Blood and urine samples are taken. We provide the following tests:
- Complete blood chemistry, which evaluates the body’s chemical and mineral composition, glucose to screen for diabetes, liver enzymes to evaluate liver function, and blood urea nitrogen and creatinine to evaluate kidney function
- Thyroid-stimulating hormone to screen thyroid function
- Highly sensitive C-reactive protein for heart disease risk assessment
- Lipid panel to measure total cholesterol, HDL (good cholesterol), triglycerides and LDL (bad cholesterol)
- Hematologic assessment—complete blood count to look for anemia, blood clotting ability and immune system status
- Urinalysis to look for signs of infection, blood or abnormal protein in the urine
- Fecal occult blood test for initial colon cancer screen
- PSA test for prostate cancer screening in men

We will add further tests by request from your physician or as needed based on the program physician’s assessment of your current health status.
MEETING YOUR PERSONALIZED HEALTH & PREVENTION PROGRAM PHYSICIAN

During this initial consultation, you and your physician will have an in-depth conversation about your overall health including your medical history, lifestyle habits, emotional health and family life. A comprehensive physical examination also is performed, with a special focus on men’s and women’s health issues as appropriate.

VISION SCREENING

You will undergo a visual acuity assessment and glaucoma screening.

AUDIOLOGY SCREEN

Your hearing will be assessed to determine potential problems discriminating among sound frequencies and tones.

MUSCULOSKELETAL ASSESSMENT

Several tests will reveal clues about your current level of fitness and heart health:

- Body-composition test. We measure your percentage of body fat.
- Waist circumference. The risk of heart disease is higher in individuals who carry excess weight around the middle.
- Flexibility test. A sit-and-reach test estimates the flexibility in the hamstrings and lower back—a potential indicator of current or future back issues.
- Abdominal and upper body strength. Stomach crunches and push-ups determine the strength and endurance of these muscle areas.
- Exercise tolerance. The distance you are able to run on the treadmill during your stress test measures your current cardiovascular fitness level.

Results of all these tests will be compared against norms in your age and gender-matched population.

CONSULTATION WITH AN EXERCISE PHYSIOLOGIST

You will meet one-on-one with an exercise physiologist who has extensive experience creating fitness plans. The focus of the meeting will depend on your goals. Our exercise physiologist will help you outline an exercise plan that will work with your lifestyle: traveling, parenting or recovery from injury.

You will be taken through the workout plan to ensure proper form, weight load, repetition, speed and overall understanding of the regimen. Our exercise physiologist also will evaluate your current workouts to include proper balance of aerobic exercises, strength training and flexibility.

CONSULTATION WITH A REGISTERED DIETICIAN

Our registered dietician will work with you to develop a customized, personal nutrition plan that will take into account your lifestyle and medical issues. This will include how to:

- Attain and maintain a healthy weight
- Reduce cholesterol or lower high blood pressure
- Minimize your emerging health risks, such as diabetes, osteoporosis or hypertension
- Judge the effectiveness of popular diets

The dietician will share specific recommendations based on your lifestyle.
ELECTROCARDIOGRAM (EKG) AND EXERCISE STRESS TEST
These tests help determine the health of your heart. We look for abnormal heart rhythms, prior damage to the heart muscle, enlargement of the heart chambers or an undetected blockage of a blood vessel supplying the heart.
- Electrocardiogram (EKG). Tests the heart at rest.
- Exercise stress test. While running on a treadmill your EKG, blood pressure and pulse are monitored.

DERMATOLOGIC EXAM
A dermatologist will check your body for skin cancer and other abnormalities. You also will have the opportunity to ask about other skin concerns, such as rashes, age spots, acne or wrinkles. If appropriate, prescriptions for simple, topical medications may be obtained. Ongoing therapy and management can be scheduled.

SPECIAL SCREENINGS AND CONSULTATIONS
Should you have appropriate risk factors, we can arrange for one of our state-of-the-art screenings and consultations available at the University of Chicago Medical Center.

COMPREHENSIVE HEALTH PORTFOLIO REVIEW
Based on these results, your program physician will provide you with in-depth insights about your health. As a team, the patient and physician create a plan of action to achieve optimal health. As you work to reach your goals, our Personalized Health & Prevention team will answer your questions and facilitate follow-up measures as needed.

LONGITUDINAL SERVICES
Navigation
Once you have participated in the Program for Personalized Health & Prevention, you are a member of the family. If you or someone close to you needs assistance, we can facilitate access to our expert diagnosis and treatment resources available at the University of Chicago Medical Center.

Physician-directed training and nutrition
Your commitment to your health begins on the day of your visit. You can elect to continue to work with our team utilizing our in-person and virtual-platform communication tools. Our physicians work in conjunction with these team members to ensure that your individual health needs are met.
Call 773-834-9000 between 8 a.m. and 4:30 p.m., Monday through Friday to schedule an appointment.

For more information about our Program for Personalized Health & Prevention, visit www.uchospitals.edu or www.ucmc150.uchicago.edu.