USF Health Executive Wellness Program

Comprehensive, convenient, comfortable, efficient, personalized

USF Health’s Executive Wellness Program is designed with the needs of a busy executive in mind. We use the expertise of our medical providers coupled with the latest in advanced technology at the Monsour Executive Wellness Center to provide you with the most efficient experience, and give you the best preventative care possible.

Our comprehensive examination is individualized according to your personal health needs and is strictly confidential. Your USF Health physician will work with a team of specialists to coordinate your care during your visit.

Comprehensive Pre-Assessment

The Monsour Executive Wellness Center is located within the Carol & Frank Morsani Center for Advanced Healthcare on the USF Health campus. Your personal health care concierge will contact you once you register for the program. Your health care concierge will prepare your agenda for the day, schedule a technician to visit you at your home or place of business for your blood work, and be available to answer your questions. You’ll complete an extensive health history to alert your USF Health caregivers of any special health problems or challenges you’d like to pay close attention to. All of this will be taken care of prior to the day of your executive physical.
Your Executive Physical at USF Health

The day of your examination, your health care concierge will meet you at the valet stand and escort you into the executive suite to begin your day. The executive suite hosts many of the comforts of the office, including internet, telephone, conferencing capabilities and access to a personal assistant. Comfortable furniture, a flat screen TV along with a healthy lunch prepared by our in-house chef are just a few ways our program provides a comfortable and relaxing environment.

Before your visit is through

You will receive electronic copies of all your test results to take with you. This is especially useful if you travel, as all your medical records and tests are conveniently stored and carried with you to protect your health care, if you need to be treated out of town.

After you leave USF Health

Upon completion of your visit, a color spiral bound report containing a physician summary letter and copies of all imaging and testing reports will be sent to you. We can also provide this same report to your primary care physician.

Take control of your health care and join us at USF Health for our Executive Wellness Program. For more information, please call 877-456-EXEC or log onto myhealthcare.usf.edu
The Center is named for Barbara Harken Monsour and Dr. Roger Monsour, donors of a leadership gift to establish the Center and instrumental in the design and concept of the program.
USF Health Executive Wellness Program

Green Package

- Blood work
- Comprehensive blood count
- Comprehensive metabolic panel
- Hemoccult testing
- Lipid Panel
- Prostate specific antigen (PSA) for men
- Thyroid stimulating hormone
- Urinalysis
- Comprehensive physical examination

$2000

- Hearing screening
- Vision screening
- Skin screening
- Body composition analysis
- Chest X-ray
- EKG
- Exercise treadmill stress test
- Spirometry
- Health report on disc upon leaving the office

Gold Package

Our gold package includes everything in the green package, plus:

- C-Reactive protein testing
- Abdominal ultrasound
- Carotid Doppler
- Cardiac CTA with calcium scoring

$3700

- Dermatological skin check
- Mammography
- Nutrition and health consultation

Platinum Package

Our platinum package includes everything in the green and gold packages, plus:

- Abdominal MRI
- Brain MRI
- Breast MRI

$5500

- Carotid MRA
- Densitometry
- Stress Echo

MONSOUR EXECUTIVE WELLNESS CENTER
**Executive Wellness Blood Tests**

- **Comprehensive Blood Count** screens for more than 35 different diseases including cholesterol levels, red and white blood counts, liver disease and heart disease.
- **Comprehensive Metabolic Panel** measures your sugar or glucose level, electrolyte and fluid balance, kidney function and liver function.
- **Hemoccult Testing** checks for any sign of bleeding in your stool. It is a screening test for colon and rectal cancer.
- **Lipid Panel** is a blood test that measures lipid-fats and fatty substances used as a source of energy by your body, including cholesterol, and triglycerides.
- **Prostate Specific Antigen (PSA)** testing is performed to detect the presence of PSA. The PSA level is elevated in men with BPH and prostate cancer.
- **Thyroid Stimulating Hormone** testing screens for and helps diagnose thyroid disorders to monitor treatment of hypothyroidism and hyperthyroidism.
- **Urinalysis Testing** evaluates the physical, chemical, and microscopic qualities of urine. It detects and measures various compounds that pass through the urine to screen for disease.
- **C-reactive Protein** testing measures the amount of protein in your blood which can signal general levels of inflammation in your body. High levels of CRP are caused by infections and many long-term diseases.

**Executive Wellness Evaluations and Procedures**

- **Abdominal MRI** is a noninvasive method to create detailed pictures of the inside of the belly area. It may be used to diagnose or evaluate abnormal growths and tumors, blood flow in the abdomen, blood vessels in the abdomen, lymph nodes in the abdomen and how certain organs in the abdomen work.
- **Abdominal Ultrasound** uses reflected sound waves to produce a picture of the organs and other structures in the upper abdomen. Sometimes a specialized ultrasound is ordered for a detailed evaluation of a specific organ, such as a kidney ultrasound. An abdominal ultrasound can evaluate the abdominal aorta, liver, gallbladder, spleen, pancreas and kidneys to detect problems in any of those areas.
- **Body Composition Analysis** measures higher body fat percentages, and distributions of body fat, which associated with numerous health disorders such as Diabetes, Coronary Arterial Disease, Cerebrovascular Disease, Hyperlipidemia, and Hypertension, among others. We can determine an ideal assessment of where you are, and what we need to do to take you to an ideal state for lowest health risk.
- **Brain MRI** allows for the detection of tumor, lesions, tissue damage or diseases including Alzheimer’s disease, Huntington’s disease, multiple sclerosis (MS), and Parkinson’s disease.
- **Breast MRI** is a noninvasive diagnostic procedure that uses a combination of large magnets and radio frequencies, instead of X-rays to produce detailed images of the breast. A breast MRI used with contrast dye can detect calcifications that are sometimes missed by a mammography and can highlight a tumor by showing the blood vessel supply in the breasts.
- **Cardiac CTA** with Calcium Scoring uses a special X-ray test called computerized tomography (CT) to check for the buildup of calcium and plaque on the walls of the arteries of the heart and coronary arteries. This test is used to check for heart disease in an early stage to determine its severity.
- **Carotid Doppler Ultrasound** test is a useful screening procedure that measures the blood flow through the arteries and provides information about the structure of the arteries from your collarbone to your jaw. It’s used to evaluate the risk of stroke in patients who have a history of stroke or are believed to be at high risk. The carotid arteries are the two major arteries on each side of the neck that carry blood to the head. The goal of carotid ultrasound is to screen patients for blockage or narrowing of their carotid arteries, to reduce the risk of having a stroke.
- **Carotid MRA** is the latest in noninvasive magnetic resonance technology to look for narrowing and atherosclerosis in the arteries of the neck leading into the brain. The most sensitive noninvasive method available to assess risk for stroke.
- **Chest X-ray** should be a part of any executive physical, as well as selective use of X-ray technology to evaluate painful bones, joints, and cervical (neck), thoracic (upper back), or lumbar (low back) spine pain. An X-ray examination uses electromagnetic radiation to make images of your bones, teeth and internal organs. It’s a fast, easy and safe way for your doctor to view and assess conditions inside your body. This is particularly useful in assessment of chest/lung pathology, as well as bone and joint pathologies.
- **Exercise Treadmill Stress Test**, also called an ECHO test, is used to provide information about how the heart responds to exertion. It usually involves walking on a treadmill or pedaling a stationary bike at increasing levels of difficulty, while you are monitored. The test is used to determine how well your heart tolerates activity, evaluate the function of your heart and valves, determine your likelihood of having coronary artery disease and evaluate the effectiveness of your cardiac treatment plan.
- **Electrocardiogram or EKG** is a simple test that records the heart’s electrical activity. An EKG shows, how fast your heart is beating, whether the rhythm of your heartbeat is steady or irregular and the strength and timing of electrical signals as they pass through each part of your heart. Diseases of the coronary arteries, atherosclerosis, cardiomyopathy, arrhythmia, and heart failure can often be detected by simple EKG analysis.
- **Spirometry Testing** measures air flow in the lungs, and is one of the most widely used tests to measure lung function or pulmonary function. The test is used to determine the cause of shortness of breath and to diagnose asthma, chronic bronchitis, emphysema, pulmonary fibrosis, or chronic obstructive pulmonary disease (COPD.)
- **Mammography** is an X-ray examination of the breast. It is used to detect and diagnose breast disease in women who either have breast problems such as a lump, pain, or nipple discharge, as well as for women who have no breast complaints. The procedure allows detection of breast cancers, benign tumors, and cysts before they can be detected by hand.