



## EXECUTIVE HEALTH

### PROGRAM

## 2010 Standard Protocol & Optional Services | Arizona Campus

Please check the box that matches your visit category and age range. Optional services are provided on the next page. Please fax completed form to (480) 301-9644.

Name		
Daytime Phone		Requested Appointment Date
<b>Initial Visit</b>		
<input type="checkbox"/> 39 Years and Younger <ul style="list-style-type: none"><li>Physical Exam</li><li>Laboratory Work</li><li>Resting ECG (electrocardiogram)</li><li>Chest X-ray</li><li>Exercise/Treadmill ECG</li><li>Body Fat Analysis</li><li>Pelvic Exam (women)</li></ul> <i>Estimated price:</i> Men: \$2,800 Women: \$3,000	<input type="checkbox"/> 40-49 Years <ul style="list-style-type: none"><li>Physical Exam</li><li>Laboratory Work</li><li>Audiogram</li><li>Resting ECG (electrocardiogram)</li><li>Chest X-ray</li><li>Exercise/Treadmill ECG</li><li>Body Fat Analysis</li><li>PSA (men)</li><li>Pelvic Exam (women)</li><li>Mammogram (women)</li></ul> <i>Estimated price:</i> Men: \$3,100 Women: \$3,600	<input type="checkbox"/> 50 Years and Older <ul style="list-style-type: none"><li>Physical Exam</li><li>Laboratory Work</li><li>Audiogram</li><li>Resting ECG (electrocardiogram)</li><li>Chest X-ray</li><li>Exercise/Treadmill ECG</li><li>Body Fat Analysis</li><li>Colonoscopy</li><li>PSA (men)</li><li>Abdom. Aortic Ultrasnd (men)*</li><li>Pelvic Exam (women)</li><li>Mammogram (women)</li><li>Bone Density Scan (women)</li></ul> <i>Estimated price:</i> Men: \$6,600 Women: \$7,700 *Men 60+ Years: \$7,100
<b>Subsequent Visits</b>		
<input type="checkbox"/> 39 Years and Younger <ul style="list-style-type: none"><li>Physical Exam</li><li>Laboratory Work</li><li>Resting ECG (electrocardiogram)</li><li>Body Fat Analysis</li><li>Pelvic Exam (women)</li></ul> <i>Estimated price:</i> Men: \$2,000 Women: \$2,200	<input type="checkbox"/> 40 Years and Older <ul style="list-style-type: none"><li>Physical Exam</li><li>Laboratory Work</li><li>Resting ECG (electrocardiogram)</li><li>Body Fat Analysis</li><li>PSA (men)</li><li>Pelvic Exam (women)</li><li>Mammogram (women)</li></ul> <i>Estimated price:</i> Men: \$2,100 Women: \$2,600	<i>Estimated prices are age and gender specific. Additional testing or varied testing may be ordered by the physician as clinically indicated.</i>  <i>Please note additional services may extend the length of your exam.</i>  <i>Additional charges are added if biopsies are performed at time of colonoscopy or endoscopy.</i>  <i>A fee may be charged if appointments are rescheduled/cancelled within 10 business days of schedule appointments.</i>



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## Optional Services

The standard Executive Health Program inclusions are listed on the reverse. Additional consultations, such as those listed below, can be provided at additional costs. If you have a specific health care concern that you want to have addressed by a Mayo Clinic specialist, please check those services of interest that you want to add to your schedule.

\*\*Refer to the following page/enclosures for a further description of optional services.

☐ **ALLERGY** **Scottsdale Campus**  
\$374 - \$553

Reason: \_\_\_\_\_

☐ **CARDIOLOGY** **Scottsdale Campus**  
\$374 - \$553

Reason: \_\_\_\_\_

☐ Coronary Artery CT Scan \$500

☐ **COMPLEMENTARY & ALTERNATIVE MEDICINE \*\*** **Scottsdale Campus**  
\$374 - \$663

Reason: \_\_\_\_\_

☐ **DERMATOLOGY** **Scottsdale Campus**  
\$374 - \$553

Reason: \_\_\_\_\_

☐ **DIETARY** **Scottsdale Campus**

- ☐ Weight Management
- ☐ Special Diet Needs
- ☐ Health Diets
- ☐ Vitamins & Supplements

☐ **GASTROINTESTINAL** **Scottsdale Campus**  
\$374 - \$553

Reason: \_\_\_\_\_

☐ **GYNECOLOGY** **Phoenix Campus**  
\$374 - \$553

Reason: \_\_\_\_\_

☐ **NEUROLOGY** **Scottsdale Campus**  
\$374 - \$553

Reason: \_\_\_\_\_

☐ **OTOLARYNGOLOGY** (Ear, Nose, Throat) **Phoenix Campus**  
\$374 - \$553

Reason: \_\_\_\_\_

☐ **PHYSICAL MEDICINE & REHABILITATION\*\*** **Scottsdale Campus**  
\$374 - \$553

Reason: \_\_\_\_\_

### ☐ **PSYCHIATRY/PSYCHOLOGY**

☐ Health/Behavioral Assessment (health psychology/biofeedback – limited capacity)

☐ Anxiety/Stress ☐ Insomnia

☐ Chronic Pain ☐ Headaches

☐ Neuropsychiatry

☐ Memory Issues

☐ Psychiatry

☐ Anxiety/Depression ☐ Depression

☐ **PULMONARY** (Lung) **Scottsdale Campus**  
\$374 - \$553

Reason: \_\_\_\_\_

☐ Lung Function Tests\*\* \$206 - \$294

☐ CT Scan (Lung Cancer Screening) \$1,200

☐ **RHEUMATOLOGY\*\*** **Scottsdale Campus**  
\$374 - \$553

Reason: \_\_\_\_\_

☐ **TRAVEL MEDICINE\*\*** **Scottsdale Campus**  
\$374 - \$553

Destinations: \_\_\_\_\_

☐ **UROLOGY** **Scottsdale Campus**  
\$374 - \$553

Reason: \_\_\_\_\_

☐ **FAA EXAM** (circle one) **Scottsdale Campus**  
Class I / II / III \$127 - \$253

☐ **Blood Test & Immunizations** **Scottsdale Campus**  
\$30

☐ Immunizations needed Fees Vary

(check those that apply)

☐ Tetanus (every 10 years)

☐ Flu vaccine (every fall/winter)

☐ Pneumonia vaccine (once at age 65, earlier if diabetes or lung disease)

☐ Shingles vaccine (once at age 60)

☐ **OTHER SERVICES** **Scottsdale Campus**

☐ Bone Density Test \$664

☐ Lumbar Spine X-ray \$195

☐ Eye Refraction for Glasses & Glaucoma Screening \$259

☐ Glaucoma Screening Only \$184

*I understand that the services above may not be covered by my insurance and/or paid by my employer.*

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date

## **OPTIONAL SERVICES DESCRIPTION**

### **CARDIOLOGY**

**Coronary Artery CT Scan:** a non-invasive way of obtaining information about the presence, location and extent of calcified plaque in the coronary arteries—the vessels that supply oxygen-containing blood to the heart wall. Because calcium is a marker of coronary artery disease, the amount of calcium detected on a cardiac CT scan is a helpful prognostic tool. The findings on cardiac CT are expressed as a “calcium score.”

### **COMPLIMENTARY AND ALTERNATIVE MEDICINE**

Complementary and Integrative Medicine is a healing oriented medicine that takes account of the whole person.- body, mind and spirit including all aspects of lifestyle. It emphasizes the therapeutic relationship between the patient and the practitioner and makes use of all appropriate therapies, both conventional and alternative, and explores how the mental, physical, emotional and spiritual wellbeing of the patient interrelate and affect others.

### **PHYSICAL MEDICINE AND REHABILITATION**

This specialty addresses non-surgical joint and muscle injuries/problems. Includes sports medicine issues.

### **PULMONARY**

**Lung Function Tests:** commonly referred to as spirometry, measures the amount (volume) and/or speed (flow) of air that can be inhaled and exhaled; an important tool in helping assess conditions such as asthma, pulmonary fibrosis, emphysema, sleep disorders and COPD(chronic obstructive pulmonary disease).

### **RHEUMATOLOGY**

Specialty devoted to the diagnosis and therapy of rheumatic diseases. Rheumatologists mainly deal with clinical problems involving joints, soft tissues and conditions of connective tissues; includes such conditions as arthritis, certain autoimmune diseases, osteoporosis, gout, lupus and fibromyalgia.

### **TRAVEL MEDICINE**

See enclosed pamphlet.