



Who can participate in the Executive Health Program?

The program is designed for busy working executives. Mayo Clinic takes care of the medical needs of thousands of executives annually, providing comprehensive, efficient and individualized services at a reasonable cost.

What is a typical experience at an Executive Health exam?

Typically, you'll first meet with your coordinating doctor for a thorough review of your medical, family and social history. Your doctor then performs a complete physical exam.

You and the doctor will discuss your scheduled tests (per the standard testing protocol) and any additional tests that may be appropriate based on your evaluation. You will next be seen at different testing areas throughout Mayo Clinic. After completing your itinerary, you'll meet with the coordinating doctor again to review and discuss test results. At that time, you may receive additional recommendations for treatment or follow-up. A typical visit can last from one to three days.

A written report summarizing your results is mailed to you shortly after your final visit. A letter outlining these results also can be sent to your local doctor.

What is the standard testing protocol?

The standard testing protocol is the preventive screening appointments that comprise the core of our program. Mayo Clinic physicians annually review and modify the program based on current scientific research and best practices.

Can a spouse be seen in the Executive Health Program?

Spouses of executives are eligible. The appointment office can assist with coordinating times to make your visit as convenient as possible.

What happens if I have previously had checkups through the Executive Health Program, but now have an ongoing health concern or have become eligible for Medicare?

Mayo Clinic will work with you to determine the best course of care for your ongoing medical needs.

How far in advance should I schedule my appointment?

Schedule your appointment as early as possible to give Mayo Clinic staff time to create an efficient and customized itinerary for your needs. Appointment availability varies by location. Regardless if you choose the Mayo Clinic location in Scottsdale, AZ; Rochester, MN; or Jacksonville, FL, your appointment coordinator will work with you to find the earliest available appointment time to fit your needs.

What is the cost of an executive health exam?

Charges for the executive health exam are on a fee-for-service basis. The estimated price for the standard protocol is specific to age and gender. Additional services, tests, consultations or counseling may be recommended after reviewing your family history, lifestyle, symptoms or other risk factors that can impact the total cost.

How is billing handled?

Billing is managed according to Mayo Clinic's standard insurance coverage and patient responsibility policies in Arizona, Florida and Minnesota. Some executives are corporate-sponsored, meaning that program participation is an executive benefit. Mayo Clinic works directly with patients and companies on billing and direct-billing arrangements and filing insurance claims.

Mayo Clinic is contracted with many regional and national health insurance plans. Check with your plan administrator for benefit coverage details.

What is a "corporation?"

A corporation is an employer that has agreed to be financially responsible for some or all of an executive's bill.

Can I come back to Mayo Clinic for follow-up care?

Yes, you may return to Mayo Clinic for follow-up specialty care. The additional appointments are not included in the core Executive Health Program.

Is my Executive Health physician my primary care provider?

No, it is important to establish a primary provider for ongoing needs. Your results from the executive physical can be sent to your local primary care provider.