



# Executive Health Program

Scottsdale  
AZ

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Jacksonville  
FL

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Rochester  
MN

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When it comes to your  
health, we're all business.

Mayo Clinic Executive Health Program



Let us take care of your health  
so you can take care of other  
things on your list.



Today's executives have more on their plates because it's not all about work. Besides driving results in business, they seek challenging and rewarding experiences outside the office.

For more than 40 years, the Mayo Clinic Executive Health Program has been leveraging the best minds in medicine to help executives, business owners and entrepreneurs maintain good health. This unique and effective program is designed to help individuals receive world-class preventive care and ultimately gain more healthy years doing what they love in their personal and professional lives.



"Choosing this program is all about convenience. The efficient planning makes the best use of my time so I can spend more time doing what I love. And of course, Mayo Clinic delivers top-quality care."

Paul Rossberger (left)

"After a routine physical at Mayo Clinic saved my grandfather's life, I am a third-generation believer in the power of preventive care from Mayo Clinic. With the caring and attentive staff, I look forward to my Executive Health visit every year."

Heidi Chico with her father,  
Art Wittern (below)







"For me personally, attending this program is a no-brainer, but it is also extremely beneficial for companies to offer this option for their leaders. Taking care of people in their personal life is as important as taking care of them in their professional life."

Jon Sefton (above)

"Attending the Executive Health Program and knowing our health care is in the hands of Mayo Clinic experts gives us the peace of mind to keep living a healthy lifestyle. We spend more time doing what we love—being active together."

Bruce & Julie Steiner (right)



## A world-class program that's designed with your time in mind.



You're busy. We get it. Our program works within the constraints of your schedule to provide you with an efficient yet complete medical evaluation. We're not far from your home base. Executive Health services are available at all three of our campus locations.

When you arrive for your visit, your dedicated coordinating physician will take the time to understand any concerns or issues you may have before acting as a guide throughout the entire evaluation process. At the end of your evaluation, your coordinating physician will review the full report of test results with you and discuss next steps. Although your visit is streamlined, the connection you make with Mayo Clinic is lasting. Participants in our program benefit from a trusted medical partner and often return yearly to meet with the physicians who helped launch their journey toward health.

## Our corporate enrollment gets the leadership team on board.

Many business owners have discovered that a healthy executive team drives a healthy business. Corporate enrollment in Mayo Clinic's Executive Health Program offers companies flexible ways to get team members in and out in a timely manner and on to a healthier way of life. We cater to busy executive schedules and we provide plenty of options for types of coverage and billing.

# You can trust Mayo Clinic to provide the health care you need and get you well on your way.

The time you spend with us is precious. We prepare a thorough, comprehensive, and customized one, two or three day itinerary of exams and tests that are tailored to your specific needs.

Preventive health assessment including a comprehensive medical history review and physical exam are performed by your personal executive health physician

Full range of preventive screening tests for early detection of cancer, heart disease and other serious health conditions

Cardiovascular counseling

Review and update of medications and immunizations, including those needed for international travel

Lifestyle assessment covering nutrition, stress management, alcohol and tobacco use, personal safety and other indicators of disease risk

Unhurried time with your personal Executive Health physician to review your test results, address your questions and prepare a strategy to optimize your health

Everything about our program was designed around your needs, including the many amenities we provide.

Private executive lounge, with secure lockers for personal items

On-site business services with complimentary use of our wi-fi

Guide to restaurants and transportation options, as well as local attractions and area amenities

Dedicated appointment coordinators ensure your appointments are scheduled efficiently

Dedicated insurance coordinators file claims on your behalf and work with insurance carriers to resolve claims



"Once you experience the Executive Health Program, you become like family. Our physicians stay connected with patients long after they leave and build a bond that keeps people coming back year after year for exceptional care and comradery."

Kurt W. Carlson, M.D., Medical Director,  
Mayo Clinic (Rochester) Executive Health Program

Request an appointment at [mayoclinic.org/executive-health](http://mayoclinic.org/executive-health)

[www](http://www.mayoclinic.org)







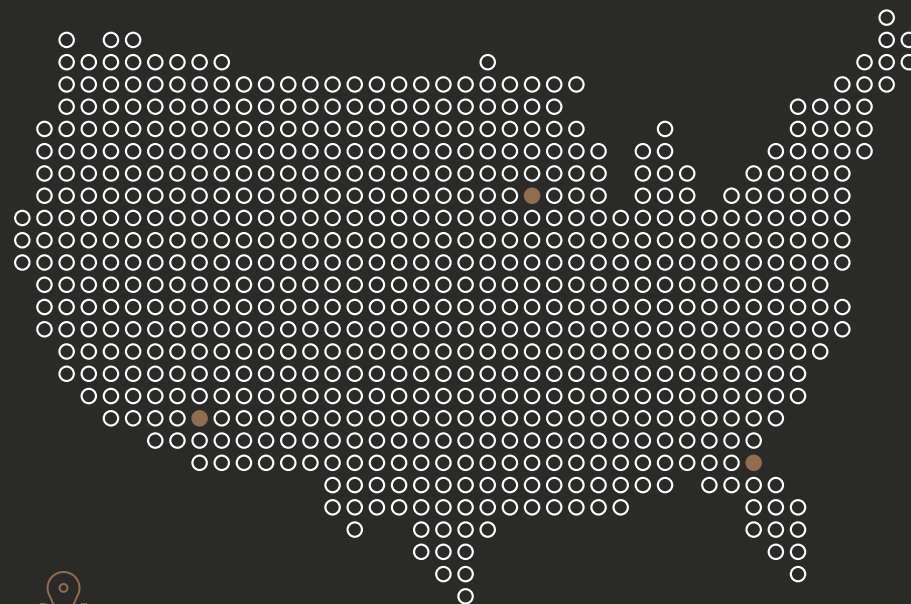
An Executive Health evaluation can be scheduled at any of our three locations: Scottsdale, AZ; Jacksonville, FL; or Rochester, MN. The settings are diverse, but the level of care at every campus reflects the high standards established at Mayo Clinic more than a century ago.



Mayo Clinic differentiates itself by being an integrated group practice. This integration offers you a team of physicians with no geographic boundaries. Experts from every medical specialty work together, joined by a philosophy of "the needs of the patient come first."



Three locations, so there's one just for you.



Scottsdale  
AZ

Jacksonville  
FL

Rochester  
MN

## SCOTTSDALE, ARIZONA

480-301-8088  
executivehealth.az@mayo.edu

## JACKSONVILLE, FLORIDA

904-953-2907  
executivehealth.fl@mayo.edu

## ROCHESTER, MINNESOTA

507-284-2288  
executivehealth.mn@mayo.edu



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