

# Executive Health Assessment



# Executive Health Assessment

## The best strategies identify potential issues early so you can get ahead of them.

A **Wellness Institute Executive Health Assessment** provides a detailed and comprehensive picture of baseline health and the changes needed to minimize emerging risks. This in-depth assessment is conducted by a physician and team of health experts, with a focus on:



### comprehensive testing & analysis

Evaluates current health status and lifestyle



### early detection

Identifies potential issues early to get ahead of them




### customized intervention

Provides a plan to minimize or eliminate personal health risks



## Invest in lasting impact

The results and recommendations from the assessment can help **empower informed decisions about health**, enabling the proactive management of concerns and encouraging steps to optimize mental and physical well-being. While the assessment only takes a half-day, the professional consultations and customized recommendations provide actionable steps that will positively impact health for years to come.



## Our Executive Health Assessments are designed to help:

- ✓ Protect the health and wellbeing in executive employees
- ✓ Acknowledge the value of long-term and high performing employees
- ✓ Mitigate the health risks associated with high pressure roles
- ✓ Empower individuals to make impactful changes
- ✓ Foster a culture of wellness within an organization
- ✓ Complement the ongoing care of a family physician

Our assessment is a preventive health strategy valued not only by large organizations, but by entrepreneurs, small business owners and other professionals looking to take a **proactive approach to managing health** and reducing the personal and organizational risks associated with extended mental or physical health issues.

# Give your team the information and support to adjust the course of their health.

Much more extensive than a typical annual check-up, our assessment provides quality time with a physician and health experts in which **health information is gathered at one time, and reviewed at one place.** The full head-to-toe examination may include:



History & Physical



Pulmonary Health



Visual Health



Cardiac Health



Auditory Health



Cancer Screening



Vaccinations



DEXA Scan & Resting Metabolic Rate



V02 Max



Psychological Screening



Nutrition Review



Functional Movement Exercise Testing



## Efficient care

Our assessment respects that time is valuable and deliver quick answers with recommendations that can be implemented immediately to improve lifestyle, general wellness, and performance. Results can be shared with a family physician to avoid redundant testing and assure continuance of care.



## Enhanced Assessments

Optional add-ons may include:

- Genetic Testing for Personalized Nutrition
- Personalized Training
- Weight Management Nutrition
- Mental Health & Wellbeing
- Sports Therapy & Rehabilitation



**For those already investing in a healthy lifestyle, our Executive Health Assessment provides valuable tools to further optimize wellness**





“ My assessment was very comprehensive, and the analysis afterward with the doctor was great. I chose to make a few lifestyle changes because of the results – results that I don’t know I would have received after having a standard half-hour medical with my physician.

It’s a good business investment. It all goes back to how organizations are only as good as their people. Why wouldn’t you invest in your people to make sure they’re healthy and leading a proper lifestyle to have longevity? ”

- Doug Harvey, Maxim Truck & Trailer

## A team you can trust

Established in 1996 to improve the health and well-being of our clients and community, the Wellness Institute has become a **globally-recognized certified medical fitness facility**. With a team of respected physicians and healthcare professionals, we excel in pioneering chronic disease prevention and delivering evidence-based programs. Our team has a proven record of delivering positive outcomes for employers with workplace services including pre-employment testing, ergonomic assessments and job-demands analysis.

Contact us to explore how the Executive Health Assessment can benefit you and your organization.

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SEVEN OAKS  
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Chronic Disease  
Innovation Centre



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