

Executive Health Program





“At Mayo Clinic, we are proud to offer the premier experience in executive health. All our patients receive a thorough focus on preventative health and wellness combined with **the best integrated, multi-disciplinary evaluation and therapeutics in health care—exactly when our patients need it.** Your health and wellness is important, and we are committed to partnering with you to achieve your health goals.”

— **Brian Dougan, M.D.**

Chair, Section of Executive and
Development Health,
Mayo Clinic Rochester

Protecting your health, respecting your professional responsibilities.

Get to know our Executive Health Program.

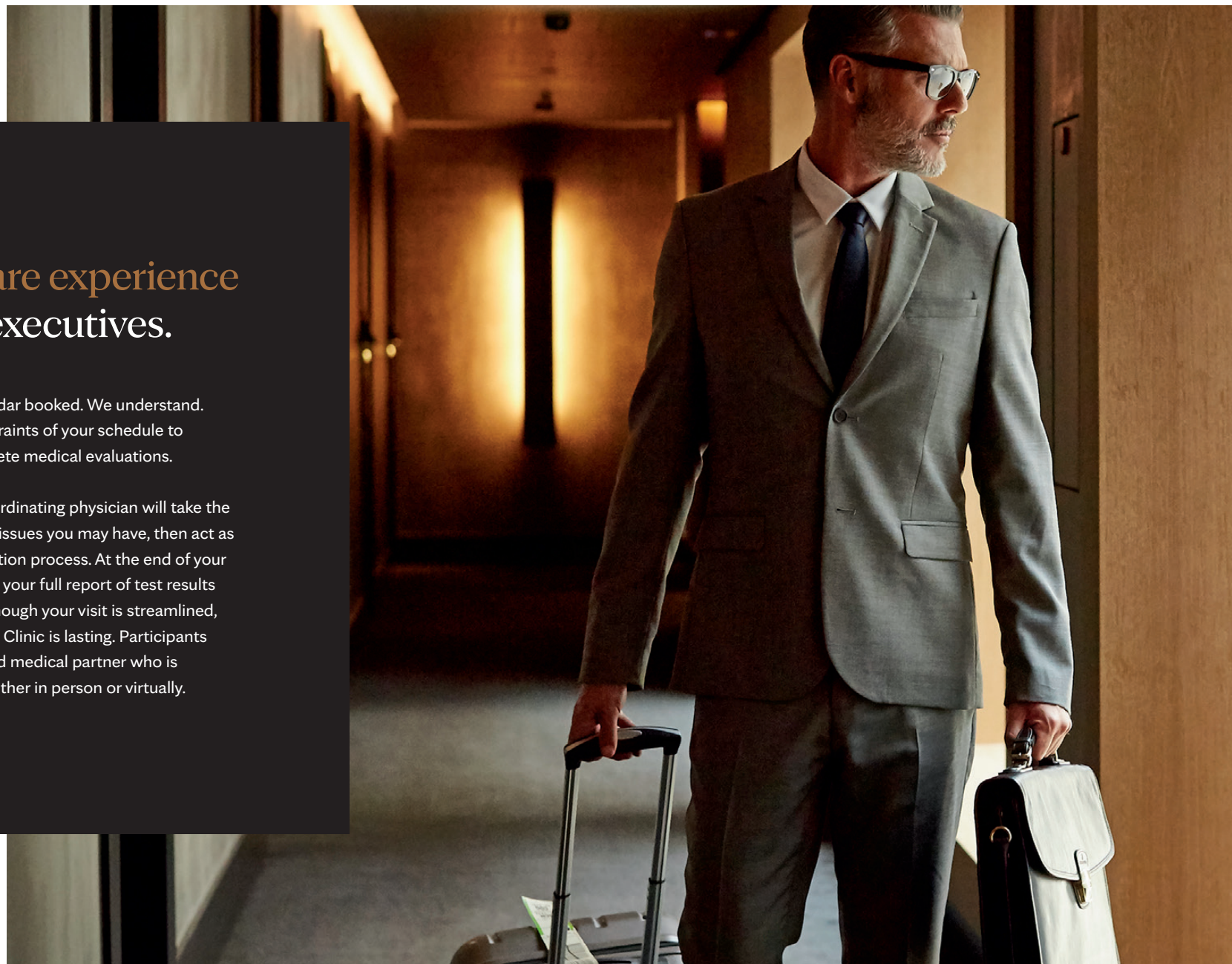
Executives lead demanding, fast-paced lifestyles. That’s why we invite you to take advantage of the efficient, comprehensive, and personalized preventative care experience at the Mayo Clinic Executive Health Program.

For more than 50 years, the Mayo Clinic Executive Health Program has been leveraging the best and brightest minds in medicine to help CEOs, founders, presidents, business owners, and executives maintain good health. This unique, effective, and evidence-based program is designed to help you receive world-class preventative care and ultimately enjoy many healthy years doing what you love in your personal and professional lives.

A world-class care experience for in-demand executives.

Your time is precious and your calendar booked. We understand. Our program works within the constraints of your schedule to provide you with efficient yet complete medical evaluations.

During your visit, your dedicated coordinating physician will take the time to understand any concerns or issues you may have, then act as a guide throughout the entire evaluation process. At the end of your evaluation, that physician will review your 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 who is committed to meeting their needs either in person or virtually.





Over 1 million patients
from 140 countries travel
to Mayo Clinic



Accessible excellence.

Mayo Clinic is top-ranked in more specialties than any other hospital and has been recognized as an Honor Roll member, according to U.S. News & World Report's 2023-2024 "Best Hospitals" rankings. More than one million patients from all 50 states and over 140 countries travel to Mayo Clinic locations in Rochester, Minnesota; Scottsdale and Phoenix, Arizona; and Jacksonville, Florida each year for medical care.

Mayo Clinic Healthcare, located in central London—a specialty clinic that also caters to busy executives—offers tailored medical exams, second opinion services, specialist consultations, actionable cancer and cardiac genetic screening, and preventative health screening.

Our comprehensive approach to medicine includes the Mayo Clinic Care Network with convenient sites across the globe. The Network helps keep care local and ensures you are never far from highly personalized Mayo Clinic expertise.

Care that connects.

Mayo Clinic differentiates itself by being an integrated group practice.

This integration offers you a team of physicians free from geographic boundaries. Experts from every medical specialty work together joined by our founding philosophy that “the needs of the patient come first.” That’s what defines our Executive Health Program as the premier health care experience for patients seeking standard-setting medicine and unmatched service.



150⁺ years
of medical knowledge

4,000⁺ specialists
at Mayo Clinic in the
United States



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

— Heidi Chico

How our Executive Health Program works.

Comprehensive care delivered on your schedule.

Your visit begins with a plan crafted to conserve your time and address all your needs. We work with you to prepare a thorough, comprehensive, and personalized itinerary of exams and tests that are tailored specifically for you. Your visit may include:

- Preventative health assessment including a comprehensive medical history review and physical exam performed by your personal Executive Health physician.
- Full range of preventative 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, physical activity, 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.
- Access to other Mayo Clinic specialists, as needed.

Care, comfort, and convenience.

Services and amenities designed for your needs and your comfort.

- Dedicated appointment coordinators ensure your appointments are scheduled efficiently.
- Finance specialists who are committed to working with executives on cost and coverage questions, file claims on your behalf, and work with insurance carriers to resolve claims.
- Our private executive lounge includes secure lockers for personal items plus an assortment of snacks and beverages, including light breakfast and light lunch options.
- On-site business services, including complimentary use of our Wi-Fi.
- Private office space, if you need to attend to work matters while you're with us.
- Guides to restaurants and transportation options, as well as local attractions and area amenities.
- Some elements of our program may be available through video visits, offering you added convenience and flexibility.



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

— Jon Sefton

Avaluable executive benefit.

Investing in the health of your business leaders is an investment in the health of your business.

Corporate enrollment in the Mayo Clinic Executive Health Program offers companies the ability to define their eligible executives, billing preferences, and coverage options to meet the organization’s needs, interests, and budget.

One extraordinary program. Four convenient locations.

To make our program more convenient for you, we offer Executive Health services at all three of our U.S.-based campus locations—Scottsdale, Arizona; Jacksonville, Florida; or Rochester, Minnesota. 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. In addition, Mayo Clinic Healthcare, located in London, offers a full spectrum of preventative care options for executives seeking unparalleled, comprehensive care.

Request an appointment at
mayoclinic.org/executive-health



Scottsdale, Arizona

13400 East Shea Boulevard
Scottsdale, AZ 85259
480-301-8088
executivehealth.az@mayo.edu

Jacksonville, Florida

4500 San Pablo Road
Jacksonville, FL 32224
904-953-2907
executivehealth.fl@mayo.edu

Rochester, Minnesota

200 First Street SW
Rochester, MN 55905
507-284-2288
executivehealth.mn@mayo.edu

London, United Kingdom

15 Portland Place
London W1B 1PT
+44 (0) 207 871-2575
info-ukmch@mayo.edu

Standard Protocol

Mayo Clinic Executive Health Program



Initial Visit **39 and Younger**

- Comprehensive Physical Exam
- Various Laboratory Work
- Cardiovascular Counseling
- Resting ECG
- Exercise/Treadmill with VO2 Max
- Cervical Cancer Screening*
- Immunization Review
- Virtual Visit (as needed)

Initial Visit **40–49**

- Comprehensive Physical Exam
- Various Laboratory Work
- Cardiovascular Counseling
- Resting ECG
- Exercise/Treadmill ECG
- Colon Cancer Screening (beginning at age 45)
- Cervical Cancer Screening*
- Immunization Review
- Breast Cancer Screening (women)
- CT Coronary Calcium* (men)
- Virtual Visit (as needed)

Initial Visit **50 and Older**

- Comprehensive Physical Exam
- Various Laboratory Work
- Cardiovascular Counseling
- Resting ECG
- Exercise/Treadmill ECG
- Colon Cancer Screening*
- Cervical Cancer Screening*
- Immunization Review
- Breast Cancer Screening (women)
- Prostate-specific Antigen (men)
- Audiogram (60+)
- Abdominal Aortic Ultrasound*
- Bone Density Scan* (women 55+)
- CT Coronary Calcium* (women 55–75, men 40–75)
- Virtual Visit (as needed)

Standard Protocol

Mayo Clinic Executive Health Program



Subsequent Visits

39 and Younger

- **Comprehensive Physical Exam**
- **Various Laboratory Work**
- **ECG testing as indicated** (a minimum of every three years)
- **Cervical Cancer Screening***
- **Immunization Review**
- **Virtual Visit** (as needed)

40 and Older

- **Comprehensive Physical Exam**
- **Various Laboratory Work**
- **ECG testing as indicated** (a minimum of every three years)
- **Colon Cancer Screening***
- **Cervical Cancer Screening***
- **Immunization Review**
- **Breast Cancer Screening** (women)
- **Prostate-specific Antigen** (men)
- **Bone Mineral Density Scan** (women 55+)
- **Audiogram** (60+)
- **Virtual Visit** (as needed)

*Frequency based on age, gender and health-risk status.

MAYO CLINIC EXECUTIVE HEALTH PROGRAM

Our Mission:

To provide individualized, comprehensive care to meet the unique needs of full-time working executives in the demanding stages of their careers. We focus on preventive health and wellness with timely, coordinated access to multidisciplinary care, including advanced diagnostics, state-of-the-art prevention strategies and therapeutics when needed.

Frequently Asked Questions

COMING TO MAYO CLINIC



What's an Executive Health visit like at Mayo Clinic?

A Mayo Clinic Executive Health Program appointment is known for being more thorough, more personalized, and featuring more unhurried physician time than any executive exam available. It is a career-long relationship with world-class Mayo Clinic providers, focused on preventive health, with each appointment tailored to address each executive's specific needs, concerns and interests.

Can Mayo Clinic provide support to help me in following the Executive Health physician's recommendations?

Yes. We encourage our executive patients to take advantage of our team of certified Mayo Clinic wellness coaches to help them set goals, create an action plan, address barriers, build confidence, and address the lifestyle changes that the physician recommends. The wellness coach can work with the executive over a series of phone/video appointments to provide support across physical activity and exercise, nutrition and weight loss, stress management and resiliency, healthy sleep, and other lifestyle goals.

How do I book an appointment?

It's as simple as a phone call! We recommend booking your appointment as soon as possible to allow our team to optimally coordinate your visit. Our program has multiple doors for entry, and you can choose the Mayo Clinic location that is most convenient for you.

	Phone	E-mail
Arizona	480-301-8088	executivehealth.az@mayo.edu
Florida	904-953-2907	executivehealth.fl@mayo.edu
Minnesota	507-284-2288	executivehealth.mn@mayo.edu
London, United Kingdom	0207-871-2575	info-ukmch@mayo.edu

Frequently Asked Questions



Does the Mayo Clinic Executive Health Program serve both U.S. and international executives?

Absolutely. Mayo Clinic is a destination medical center. We see patients from all 50 states and over 130 countries. We also serve multi-national employer clients and see executives from around the world.

Is the Executive Health Program the same in each Mayo Clinic location?

While each Mayo Clinic campus is unique, the executive can visit the location of choice and expect the same world-class, comprehensive and personalized preventive health experience including the same standard protocol of services delivered within the Mayo Clinic model of care.

How far in advance should I schedule my appointment?

As soon as possible! We're proud that so many busy executives realize the value of our program, so we do schedule several months out at all locations. Given our comprehensive and personalized approach, we recommend scheduling your appointment several months in advance. The more time you give us, the more efficient we can make your consolidated schedule.

How often do executives come to Mayo Clinic for an Executive Health Program appointment?

The cadence of your appointment will come at the recommendation of your Executive Health physician. Most of our patients carve out time on their calendars for an annual appointment. Executives without health issues or concerns may consult with their Mayo Clinic Executive Health Program physician and decide to come every-other-year. To be considered "active" in our Executive Health Program, you must be seen within the last three years.

What happens if that three-year period lapses?

Any patient who has not been seen for an Executive Health appointment within three years will be considered inactive, would have to requalify to be invited into the program, and would have to start over with our more robust first-time patient protocol.

In addition to sessions with a certified wellness coach, are there other ways you help support executive patients through the year beyond the annual appointment?

The Executive Health Program offers exclusive emails, webinars and other content for patients to improve their health throughout the year. Our quarterly Executive Health Insights & Updates newsletter includes information, tips, and updates for our patients; and our quarterly Mayo Clinic expert speaker series covers a variety of topics and is available to active patients only. Don't forget that Mayo Clinic is of course also available in the event of a complex diagnosis and specialty care need.

Frequently Asked Questions

QUALIFICATIONS



How do I qualify to be a patient in the Mayo Clinic's Executive Health Program?

We serve CEOs, presidents, founders, managing directors, managing partners, C-suite executives, and other business leaders and VIPs. When a person applies for an appointment, they will answer several questions about their work status, business title, company, and company size before being invited to be part of the program.

Is the Mayo Clinic Executive Health Program a medical concierge program?

No. A medical concierge program is a membership program that provides members with 24/7/365 provider access for an annual fee. We are not a membership program, and we do not provide 24/7/365 provider access. We do, however, provide a career-long care relationship, centered around an annual visit including unhurried physician time, access to world-class specialists, and executive-level services and amenities, as well as support after and between appointments.

Can I consider my Mayo Clinic Executive Health Program physician my primary care provider?

No. We require that our executive patients have a local primary care provider for personal health needs, including medication refills, throughout the year. With your permission, we will share information from your appointment with your primary care provider. Naming your primary care provider may be a prerequisite to making an Executive Health appointment.

Can retired executives make use of the Mayo Clinic Executive Health Program?

We enjoy and appreciate the career-long relationships we have with our Executive Health Program patients. But we also recognize that with retirement and as we age there is a time when local primary care is a better fit than an executive-focused program. Even with that transition, Mayo Clinic is here for your complex diagnosis and specialty care needs.

FEES

What's the cost of a Mayo Clinic Executive Health visit?

Given the personalized appointments we deliver, the cost of an appointment will vary based on many factors including gender, age, visit, campus; additional tests, screenings and consults your physician may order; optional services you may choose to add; and of course, insurance coverage. For transparency please see the separate pricing piece for our standard protocol of services.

Frequently Asked Questions



Will my insurance cover an Executive Health visit at Mayo Clinic?

Typically yes! Mayo Clinic files claims with your carrier for the parts of your care that are typically covered by insurance. We are in-network with many health plans.

The executive services fee, covering the non-clinical executive-level services and amenities provided within the program, is typically out-of-pocket unless covered by your company through corporate enrollment. Select other tests and services may also not be covered by insurance.

Each insurance plan is different, so coverage will vary based on your plan. Check with your plan administrator to determine benefit coverage.

Can my company pay for all or some of a Mayo Clinic Executive Health Program appointment?

Yes, we have a corporate enrollment option for companies with 25+ employees who would like to provide the Mayo Clinic Executive Health Program as an executive benefit to their business leadership team. The company determines eligible executives, Mayo Clinic campus options, preferred billing, and what they will and won't cover. To qualify for our program, eligible executives must be working executives with titles typically including CEO, president, C-suite, the company's business leadership team, and/or VPs and above. The Mayo Clinic Executive Health Program can help the company protect and optimize the health and performance of these key business leaders and can be a unique executive benefit that the company offers to recruit and retain top talent.

What is the executive services fee and what does it include?

Our Executive Services Fee covers all the non-clinical services and amenities that help make this an "executive" health experience. This includes our executives-only space, executive lounge and concierge staff, snacks and beverages, personal lockers, private office space, consolidated appointment schedule, fast-tracked lab results, prioritized specialist consults, travel, lodging and dining recommendations and special offers, and quarterly e-newsletter and expert speaker series.

What is your cancellation policy, and is there a cancellation fee?

Cancellation fees will be charged to patients who cancel or reschedule within 30 days of a scheduled on site Executive Health medical exam or who fail to attend this confirmed appointment.

Travel and Lodging at Mayo Clinic in Arizona



Executive Health Mayo Clinic location

1 Mayo Clinic Building in Scottsdale

13400 E. Shea Blvd., Scottsdale, AZ 85259
(480) 301-8088

2 Mayo Clinic Hospital in Phoenix

5777 E. Mayo Blvd., Phoenix, AZ 85054
(480) 342-2000



Flying to Phoenix, AZ

Phoenix Sky Harbor International Airport (PHX), located about 23 miles from the Executive Health Program at Mayo Clinic in Scottsdale, Arizona, and 26 miles from Mayo Clinic Hospital in Phoenix, Arizona. The airport is served by most domestic airlines and many international carriers.

The airport offers many transportation options, including:

- Taxi, limousine and scheduled van services
- Bus and light rail
- Car rental

Scottsdale Airport, about a 20-minute drive to the Executive Health Program at Mayo Clinic in Scottsdale, Arizona, and about a 15-minute drive to Mayo Clinic Hospital in Phoenix, Arizona. The airport can accommodate both corporate and recreational aircrafts.



Lodging

[Additional options on back >](#)

3 Westin Kierland (10 mi)

AAA four diamond property
6902 E. Greenway Parkway, Scottsdale, AZ
(480) 624-1000

Book online at: www.kierlandresort.com/mayo-executive-health-program

4 Hyatt Regency Scottsdale Resort & Spa at Gainey Ranch (10.5 mi)

AAA four diamond property
7500 E. Doubletree Ranch Road, Scottsdale, AZ
(480) 444-1234

Book online at: www.hyattregencyscottsdale.com

To confirm reservation, call 800.235.1234 and provide corporate ID: 53950

Many hotels and resorts are located within a reasonable commuting distance to Mayo Clinic and offer discount rates for Executive Health Program participants. Mayo Clinic does not endorse these hotels and resorts; this list only provides options as a service to our patients and guests. All information is subject to change.

Travel and Lodging at Mayo Clinic in Arizona



Lodging Cont.

5 Fairmont Scottsdale Princess (9.5 mi)
 AAA five diamond property
 7575 E. Princess Drive, Scottsdale, AZ
 (480) 585-4848
 Book online at: www.scottsdaleprincess.com

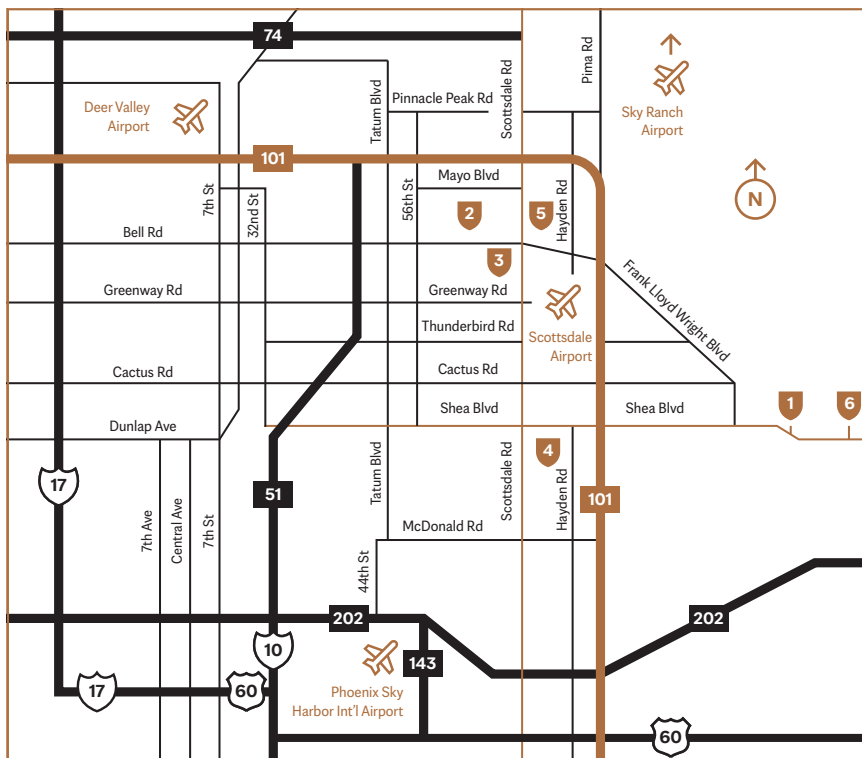
6 Adero Scottsdale (5 mi)
 AAA four diamond property
 13225 N Eagle Ridge Dr, Scottsdale, AZ 85268
 (480) 333-1900
 Book online at: www.aderoscottsdale.com, use discount code MXP
 Shuttle available for Mayo Clinic patients



Helpful links

experiencescottsdale.com
visitphoenix.com


Scottsdale and Phoenix Area Map





Executive Health Program

Scottsdale, Arizona

13400 East Shea Boulevard
Scottsdale, AZ 85259

Jacksonville, Florida

4500 San Pablo Road
Jacksonville, FL 32224

Rochester, Minnesota

200 First Street SW
Rochester, MN 55905

London, United Kingdom

15 Portland Place
London W1B 1PT

© Mayo Foundation for Medical Education and Research (MFMER). All rights reserved. MAYO, MAYO CLINIC and the triple-shield Mayo logo are trademarks and service marks of MFMER.

MC1927-05rev0923