



Executive Health Program

Scottsdale
AZ

Jacksonville
FL

Rochester
MN

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

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





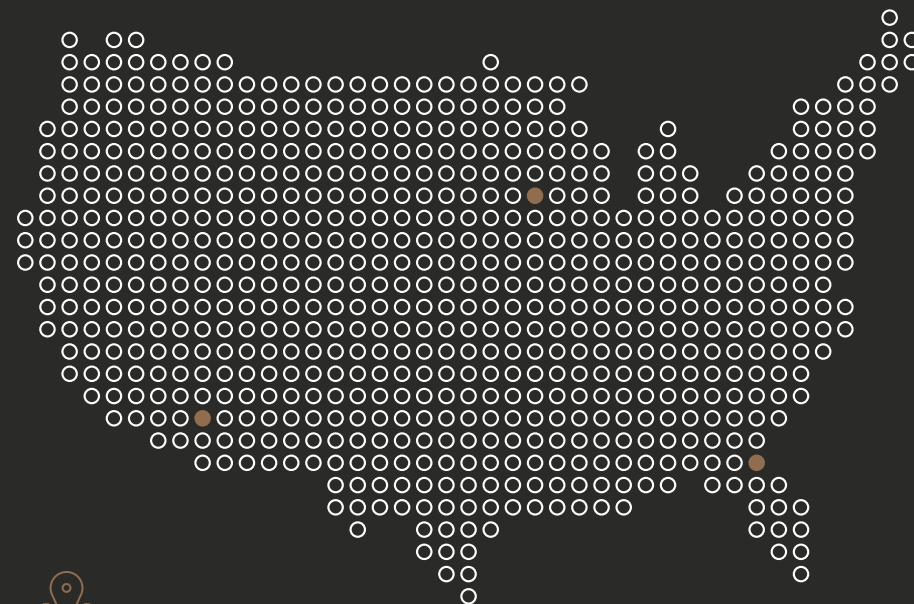
An Executive Health evaluation can be scheduled at any of our three locations: Scottsdale, AZ; Jacksonville, FL; or Rochester, MN. The settings are diverse, but the level of care at every campus reflects the high standards established at Mayo Clinic more than a century ago.



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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13400 East Shea Boulevard
Scottsdale, AZ 85259

4500 San Pablo Road
Jacksonville, FL 32224

200 First Street SW
Rochester, MN 55905

Our Tailored Approach

At Mayo Clinic, the needs of the patient come first. We rely on the medical knowledge of Mayo Clinic physicians to diagnose and address issues presented during your Executive Health Exam. Additional testing or a varied testing schedule may be necessary.

Most Common Services	Scheduling Frequency
Abdominal Aortic Ultrasound	Men: Baseline at age 65; repeat as indicated
Audiogram	Baseline at age 50; repeat as indicated
Bone Density	Women: Baseline age 50; repeat as indicated Men: Baseline age 65, repeat as indicated
Chest X-ray, AP & Lateral	Baseline at initial visit; repeat as indicated
Colonoscopy, Base Procedure	Baseline age 50; repeat every 5-10 years or as indicated
Comprehensive History & Physical (with written report)	Annually
Exercise/Treadmill ECG	Baseline at initial visit; repeat as indicated
Breast Cancer Screening	Women: Baseline age 40; then annually
Resting ECG	Baseline at initial visit; repeat as indicated
Cervical Cancer Screening	Women: As indicated
Prostate Specific Antigen	Men: Baseline age 40; then annually
Various Lab Work (including)	Annually
Hepatitis C	One-time screening on patients born between 1945–65
HIV	One-time screening

Initial Visit 39 and Younger

Physical Exam

Various Laboratory Work

Cardiovascular Counseling

Resting ECG

Chest X-ray

Exercise/Treadmill ECG

Cervical Cancer Screening
(women: as indicated)

Immunization Review

Initial Visit 40–49

Physical Exam

Various Laboratory Work

Cardiovascular Counseling

Resting ECG

Chest X-ray

Exercise/Treadmill ECG

Cervical Cancer Screening
(women: as indicated)

Immunization Review

Breast Cancer Screening
(women)

PSA (men)

Initial Visit 50 and Older

Physical Exam

Various Laboratory Work

Cardiovascular Counseling

Resting ECG

Chest X-ray

Exercise/Treadmill ECG

Cervical Cancer Screening
(women: as indicated)

Immunization Review

Breast Cancer Screening
(women)

PSA (men)

Audiogram

Abdominal Aortic U/S
(men, 65–75)

Bone Density Scan
(women 50+) (men 65)

Colonoscopy

Subsequent Visits

39 and Younger

Physical Exam

Various Laboratory Work

Immunization Review

Cervical Cancer Screening
(as indicated)

40 and Older

Physical Exam

Various Laboratory Work

Immunization Review

PSA (men)

Breast Cancer Screening
(women)

Cervical Cancer Screening
(as indicated)

**See reverse for
more information**

Costs

Costs cannot always be determined in advance and will vary based on age, gender, personal and family history, symptoms and high-risk factors.

Additional or varied testing (including colonoscopies and biopsies) may be ordered by the physician as clinically indicated and may impact length of your stay and costs of your exam.

Cancellation Policy

A fee may be charged if appointments are rescheduled or cancelled within 10 business days of the scheduled appointment or if the patient fails to keep (no shows) the appointment.



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 to schedule appointments. Billing for covered health services will be charged to the spouse or their insurance plan. PetSmart does not cover the cost for spouses under the Executive Health Program. 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.

1 Mayo Clinic Building in Scottsdale
13400 East Shea Blvd., Scottsdale, AZ 85259
(480) 301-8088


2 Mayo Clinic Hospital in Phoenix
5777 East Mayo Blvd., Phoenix, AZ 85054
(480) 342-2000

Flying to Phoenix

 **Phoenix Sky Harbor International Airport (PHX)**, located about 23 miles from the Executive Health 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 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 options

The following 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.

3 Courtyard by Marriott Scottsdale at Mayo Clinic 13444 E. Shea Boulevard Scottsdale, Arizona. (480) 860-4000. www.marriott.com/hotels/travel/phxmy-courtyard-scottsdale-at-mayo-clinic. Distance to Clinic: ON CAMPUS

4 Westin Kierland 6902 East Greenway Parkway, Scottsdale, Arizona. (480) 624-1000. www.kierlandresort.com/mayo-executive-health-program. Distance to Clinic: 10 miles

5 CopperWynd Resort & Club 13225 North Eagle Ridge Drive, Fountain Hills, Arizona. (480) 333-1821. 20% off Booking: <https://gc.synxis.com/rez.aspx?Hotel=66367&Chain=18489&promo=MAYO>. Distance to Clinic: 4 miles

6 Hyatt Regency Scottsdale Resort & Spa at Gainey Ranch 7500 E. Doubletree Ranch Rd, Scottsdale, Arizona. (480) 444-1234. Book Online at: scottsdale.regency.hyatt.com and use corporate ID 53950. Distance to Clinic: 10.5 miles

7 Fairmont Scottsdale Princess 7575 East Princess Drive, Scottsdale, Arizona. Book online at: www.scottsdaleprincess.com under "Book Now" and use code NMYO. Distance to Clinic: 9.5 miles

Helpful links: experiencescottsdale.com visitphoenix.com



Scottsdale and Phoenix Area Map



Other lodging options

Many hotels and resorts are located within a reasonable commuting distance to the Mayo Clinic locations and may offer discounts or complimentary shuttle service for Mayo Clinic patients. For complete lodging information, visit the Scottsdale Convention & Visitors Bureau and the Greater Phoenix Convention & Visitors Bureau.