

the GIFT of GOOD HEALTH



If you make only one resolution heading into 2016, let it be to take good care of yourself

NewYork-Presbyterian
Executive Health



The last thing we want to think about this month is our health; we're caught up in the excitement of the season, wrapping yards of festive ribbons around carefully chosen gifts and savoring magical holiday moments with family and friends. But enjoying this celebratory time or any other won't matter if you neglect yourself, and shiny baubles that seem important in the moment will pale in comparison to the one possession that counts the most—your health. Commit in 2016 to make the simplest of resolutions to take care of yourself, and schedule an appointment this very minute with the **Executive Health Program** at NewYork-Presbyterian/Weill Cornell Medical Center, which offers a one-day complete health and wellness assessment at a comprehensive medical center by a team delivering the best healthcare in the area. This is where you begin the year ahead.

Under the auspices of NewYork-Presbyterian Hospital, ranked #1 in the New York tri-state area and recognized as one of the country's premier medical institutions, Executive Health provides a one-day health and wellness assessment program with physicians of Weill Cornell Medicine that includes a full review of your health history, complete blood workup, and head-to-toe physical plus other key tests and screenings like mammography or colonoscopy. And, as needed, Executive Health will also schedule additional exams or appointments like a heart scan, eye exam, or even a dental appointment all in the same day. The Executive Health Program is personally tailored based on age, gender, and health history, and because it all happens in one day, even the busiest of us can find time to participate.



VISIT OUR WEBSITE FOR MORE INFORMATION: WWW.NYP.ORG/EXECUTIVE-HEALTH

:: THE EXECUTIVE HEALTH TEAM

Dr. Orli R. Etingin, the Medical Director of Executive Health and Founder and Medical Director of the Iris Cantor Women's Health Center, is an internal medicine physician, ranked as a top doctor in the Castle Connolly Directory. Working in tandem with Director of Executive Health Wanda See, DNP, ANP-BC, a clinician and educator at NewYork-Presbyterian/Weill Cornell for over 30 years, they are your team captains on this highly efficient and thorough journey to health.



Left :: Wanda See, DNP, ANP-BC
Director of Executive Health

Right :: Dr. Orli R. Etingin
Medical Director of Executive Health and Founder/Medical Director of the Iris Cantor Women's Health Center

:: CONTACT THE EXECUTIVE HEALTH TEAM

Call: 212-746-9350 or email: executivehealth@nyp.org

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Anyone meeting with See and her team, who are by her own admission, "Happy people, happy to be here, and happy to work together helping people," will immediately feel at ease in this relaxed and private setting, available only to Executive Health patients. As See explains, "This program can be a life-altering experience for patients because most people don't know how to proceed." Many of her patients, now devotees of Executive Health, are high level executives who don't sleep, suffer from migraines and back problems and, feeling overwhelmed, do nothing.

The Executive Health Program breaks down the elements, addresses the issues, and helps patients "reset," often before a health disaster occurs. Because of the detailed health history prepared in advance and accessible to the physicians, they're able to ask the right questions to facilitate a thorough and personal exam.

No time is wasted and the Executive Health team knows how to direct you; there are a wealth of resources available, and in addition to making the necessary appointments in connection with your physical, the team can also schedule appointments with specialists—endocrinologists, cardiologists, urologists, and gynecologists, to name just a few—should there be underlying conditions that need attention. There is also a discreet mental health screening component for those who might want to speak with a clinical psychologist, if only to share personal concerns. And don't most of us need a little help from an objective friend?

Executive Health has multilingual patient coordinators to facilitate your day of health, and also can recommend hotel and travel services should that be necessary for out of town patients and their families.

And Executive Health, as part of its medical service, offers medical advice for travelers with healthcare concerns and is available to refill prescriptions electronically should a patient require help while on the road.

"life altering"

"If we are to be honest with each other," See confides, "people seem willing to spend on jewelry, shoes, and cars because they are tangible, but you owe yourself the gift of good health too, because it's your most important possession and you become better at everything else when you feel better." Just one story reveals how life saving the Executive Health Program can be: A seriously overwhelmed CEO admitted that with so many people depending on him, everything took precedence over his own health and though he had given up smoking, his weight gain was of great concern. After a thorough health assessment that included a cholesterol check and heart imaging, he was "reset" with proper medical advice, lowering his risk of a potential ER visit. As See continues, "When the day was over, he knew he had someone on his team, and it was a privilege for us to be able to help."

** (And don't think once you've left the office you're finished with this group—birthday emails and a warning not to light up that cigar might be in your email in-box!)

Here's what EXECUTIVE HEALTH PROVIDES

- Scheduling of all essential tests and medical appointments in conjunction with your comprehensive physical and health and wellness assessment
- Assistance in making additional appointments with specialists as necessary
- Personalized itinerary planning and preparation prior to your visit

- Coordinated communication among all your physicians
- Explanation of all medical information, instructions, and procedures
- Dedicated patient coordinator to escort you and provide follow-up continuity
- Private lounge, conference room, and fully equipped offices for your convenience between appointments
- Healthy meals and snacks
- Interpreter services, if needed
- Recommendations and arrangements for parking and hotels
- Periodic follow-up as indicated after your visit
- Recommended lifestyle modifications for health promotion

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:: HOW THE PROCESS STARTS

Prior to your visit, you will be asked to complete a medical history. When possible, your blood work will be done a few days before your visit at a time and location convenient for you so that results will be available during your exam.

:: WHAT'S NEXT

Your physical examination and health assessment will take place in the most efficient, effective, and comfortable manner, and in most cases in one day.

A board-certified internist will conduct your comprehensive health assessment and review the results of your blood tests. You will have ample time to speak with the doctor to discuss any questions or concerns you may have.

At the conclusion of your day, you will receive a written summary of the findings of your physical and other exams, and any recommendations for follow-up, which can also be sent to your primary physician at your request. All information is confidential and only released at your direction.

just in case

NYP/EXEC HEALTH

Appointments with any medical specialists or wellness services can be scheduled during your visit or at a later date. Some of the medical specialties located on-site include:

- Cardiology
- Dermatology
- Pulmonary Medicine
- Psychiatry
- Radiology
- Sleep Medicine
- Urology

Other clinical services and programs are conveniently located at our nearby NewYork-Presbyterian/Weill Cornell campus. Executive Health emphasizes wellness and disease prevention with a range of programs that include:

- Integrative Health
- Nutrition Counseling
- Body Composition Analysis
- Stress Management

