



To Schedule Your Physical, Please Complete this form and Fax to 404-778-2710
For questions or comments call Emory Executive Health at (404) 778-1234.

Full Name _____ Date _____
(name as it appears on your driver's license)

Company _____ Title _____
(Responsible for bill: ___ Self ___ Company)

Home Address _____ Work Address _____

Date of Birth _____ SS# _____ Cell Phone # _____

Home Phone # _____ Work Phone # _____

E-Mail Address _____ Fax# _____

List Available Dates by Priority---Allow 5-8 weeks for appointment requests.

(Earlier dates are often available due to cancellations. Please note if you would like 1st available or a specific earlier date. Your appointment time will be confirmed and final itinerary sent to you.)

1st Choice _____ 2nd Choice _____ Do you have a physician preference? _____

3rd Choice _____ 4th Choice _____ Do you prefer first available? _____

IMPORTANT: 90 minutes of physician time is blocked for each executive physical. Please notify us at least **10 days in advance if you need to reschedule** to assure that our physicians' time can be coordinated with another busy executive's schedule. **There is a \$70 cancellation fee charged to the patient for appointments canceled within 72 hours to pay for lost physician time and scheduling re-work.**

Are you coordinating your physical to coincide with an Atlanta meeting? Yes No

Are you coordinating your physical with a spouse or coworker? Yes No

If Yes, Name: _____

Please note any special requests/concerns:

(next page)

Important Privacy Note: This form contains Private Healthcare Information and must be transmitted via secure fax to ensure confidentiality. Please fax this health history questionnaire to Emory Executive Health at 404-778-2710.

Patient Name: _____

Health History Systems – Screening Questions for Possible Procedures

- Are you a Diabetic? Yes No Are you on insulin? Yes No
 Are you on Coumadin? Yes No

Gastroenterology:

1. Have you had a **Colonoscopy**? Yes No
 a. If yes, when? _____ b. What facility? _____
 2. Family history of Colon Cancer? (relationship: _____) Yes No
 3. Personal history of intestinal polyps? Yes No Were they malignant? Yes No
 4. Personal history of bleeding from bowels? If yes, when? _____ Yes No

Cardiac/Pulmonary:

1. Have you had an **Exercise Stress Test (Treadmill)**? Yes No
 a. If yes, when? _____ b. What facility? _____
 b. **Do you want to schedule a Exercise Stress Test at the time of your physical?** Yes No
 2. Have you had a **Screening Cardiac CT Scan**? Yes No
 a. If yes, when? _____ What facility? _____ Was your score elevated? Yes No

b. Our program recommends a Cardiac CT at age 45 for men and 50 for women, plus one study five years later depending upon results. The Cardiac CT is designed to find early evidence of coronary heart disease by finding calcified plaque in the arteries well before it becomes symptomatic. The CT scan does use radiation, and no amount of radiation is totally risk free. Current evidence is that the risk is extremely low, but possibly as high as 1-2 cases of lung cancer for every 10,000 scans performed in an adult age 40 or older. Breast cancer is also very slightly increased in women, but hard to quantify. However, coronary artery disease is the number one killer of both male and female Americans, with 2/3 of all fatal heart attacks occurring without prior history of heart disease. A routine stress test can only identify blockages >70 % and only with an accuracy of 70-80%, whereas the Coronary CT can find disease well before symptoms develop and can lead to earlier treatment.

If appropriate for you, would you like a Cardiac CT? Yes No

3. Do you have a history of heart disease? Yes No
 a. Have you ever had a Thallium Nuclear Stress Test? Yes No
 If yes, when? _____ Was it Abnormal? _____ Yes No
 b. Have you ever had a Cardiac Catheterization? Yes No
 If yes, when? _____ Was it Abnormal? _____ Yes No
 c. Are you under the care of a cardiologist? Yes No
 4. Are you on beta blocker medications? Please List _____ Yes No

Questions for Females:

1. Risk Factors for Osteoporosis:
 a. Do you have a family history of osteoporosis? (relationship _____) Yes No
 b. Are You Menopausal? Yes No
 c. Are You Underweight? Yes No
 2. Do you want to schedule a **Bone Density scan** (Recommended every 3 years at menopause)? Yes No
 3. When was your last mammogram? _____
 a. Do you receive your mammogram from your personal GYN doctor? Yes No
 b. **Do you want to schedule a mammogram at the time of your physical?** Yes No
 c. Do you have a history of any breast problems or **implants**? Yes No
 (please explain: _____)
 4. Personal history of breast/uterine/ovarian cancer? Yes No
 5. Would you like to have a **pap smear** included in your physical? Yes No

Your Comprehensive Executive Physical includes:

- Extensive physical examination
- Medical history review
- Family health risks review
- Electrocardiogram (EKG)
- PA and lateral Chest X-ray
- Complete laboratory analysis, including:
 - Complete blood count (CBC)
 - Lipid panel (Total, HDL, LDL, cholesterol and triglycerides)
 - hs-CRP (high sensitivity C-reactive protein), a general measure of inflammation, which, when elevated, can be associated with an increased risk of coronary disease)
 - Blood sugar
 - Liver function
 - Kidney function
 - Electrolytes
 - Thyroid function (TSH)
 - Urinalysis
 - PSA (males age 40 and above)
 - Pap Smear (if required)
- Wellness Coaching: Behavior modification program including:
 - Preventive and lifestyle management
 - Cardiac risk reduction
 - Nutrition counseling
 - Weight management
 - Stress evaluation
 - Fitness assessment
 - Individualized action plan for improvement

The total cost of the Comprehensive Executive Physical examination is:

- Men — \$1386
 - Women — \$1394
- does not include periodic screening tests
(see Recommended Tests)*

All physicals are billed directly to your company or paid at the time of service. Emory Executive Health does not file with insurance carriers.

Feel free to contact us if you have any questions:

Emory Executive Health

1525 Clifton Road NE, Suite 403

Atlanta, GA 30322

Phone: 404-778-1234

Email: Executive_Health@emoryhealthcare.org

Recommended Periodic Tests

Depending on your age, gender and medical condition, your Emory Executive Health physician recommends the following tests to screen for certain illnesses/diseases:

- Colonoscopy (age 50 + every 7 years thereafter) – \$1,800
- CT Heart – cardiac scoring (at age 45 men/50 women + one 5 years later) – \$200
- Exercise Treadmill Test (at age 40 and every 3 years thereafter) – \$455
- Vaccines (influenza, pneumonia, diphtheria and tetanus) – prices fluctuate depending on availability
- Mammogram (baseline exam for women at age 35 with annual screenings after age 40) – \$200
- Bone Density (for women at onset of menopause; every three years thereafter) – \$270

Optional Tests and Services

Emory Executive Health offers a variety of optional tests and services to meet your health needs:

- Pelvic Ultrasound to detect cysts or tumors in the ovaries or uterus - \$361
- CA-125 genetic test for ovarian cancer - \$116
- Carotid Doppler (detect stroke warning signs) - \$561
- Abdominal ultrasound (screen for aortic aneurysm) - \$238
- Pulmonary Function Studies to screen for bronchitis, emphysema or other lung disorders - \$119
- Stress Echocardiogram (STE) to evaluate the result of increase activity on the heart - \$1,351
- Upper Endoscopy to screen for tumors, ulcers or bleeding in the esophagus and stomach - \$1,512
- Virtual Colonography to screen for colon cancer and bowel diseases (for patients who can not tolerate colonoscopy) - \$500
- Hearing Screening - \$42
- HeartWiseSM Cardiac Rehabilitation program to reduce heart disease risks - \$770 annually or \$70 a month
- Vision Screening - \$38
- Fitness Assessment - \$75
- Extended Lab Panel - \$381
 - Homocysteine, an amino acid associated with vascular disease
 - Ferritin, which can be associated with an inherited form of an iron storage disease
 - Hgb a1c, monitors blood glucose control
 - Lp(a), (Lipoprotein (a)), a predictor of premature atherosclerotic vascular disease



PAYMENT AT TIME OF SERVICE

Emory Executive Health is a service provided to corporate clients, offering comprehensive physical examinations and screening diagnostic tests, as well as lifestyle-management and risk assessments to their management team. Corporate accounts are set up for companies with five (5) or more eligible officers. Companies with fewer than 5 eligible officers pay with corporate credit cards at the time of service. Individuals may also elect to participate and pay with his/her corporate or personal credit card. Please note Emory Executive Health does not file to insurance nor accept insurance reimbursement.

FINANCIAL WAIVER:

I have elected to participate in Emory Executive Health and do so with the understanding that this program is independent of my group health care plan and a claim will not be filed to my insurance. I understand that Emory Executive Health is a carved out service in Emory Healthcare insurance payer contracts. Therefore, no contractual adjustments will be made or accepted. If I do elect to submit a claim to my health insurance, it will be with the understanding that any insurance reimbursement must be paid directly to me and that Emory Executive Health will not accept insurance payments nor refund any uncovered balance. I also understand that all reimbursement negotiations for my executive physical are between me and my insurance company and that these negotiations will not involve the Emory Executive Health staff and may result in very limited or no reimbursement.

Name (print): _____

Signed: _____

Date: _____