



MAKE

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GROW

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Most executives have trouble just finding the time for an annual physical, much less knowing where to go. So *Worth* scoured the country to identify medical centers that specialize in the health issues of busy executives. The following 10 programs, listed alphabetically, offer the best in executive health.

01



CALIFORNIA HEALTH & LONGEVITY INSTITUTE

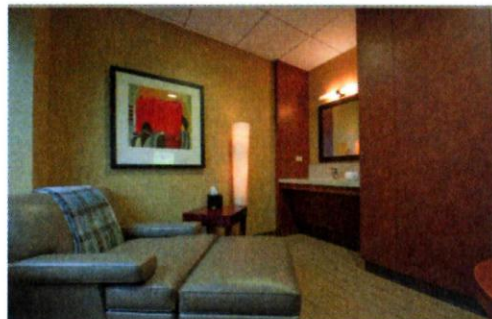
Using both Western and Asian medicine, CHLI has one of the most extensive executive health programs available. The institute offers nutrition counseling and a cooking class with a registered dietician-chef who teaches executives—too many of whom rely on takeout or packaged foods—how to prepare fresh yet fast meals. To make the examination process more pleasant, patients can get their blood drawn in their suite at the Four Seasons at Westlake Village outside Los Angeles, where the center is located.

Contact
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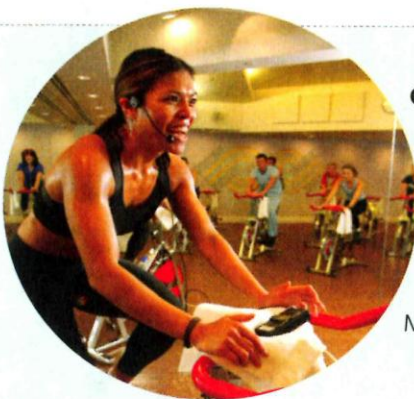
CENTER FOR PARTNERSHIP MEDICINE

With a strictly clinical approach, this facility steers clear of the spa atmosphere of some programs. Located at Northwestern Memorial Hospital in Chicago, it is one of the few executive health programs with same-day access to any medical specialty or advanced technology. Accepting just six patients a day, the center offers a pre-visit physician consultation. A year of follow-up nutrition and exercise coaching is included.



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03



CLEVELAND CLINIC AT CANYON RANCH

Featuring practitioners who focus on executive care, the Cleveland Clinic at Canyon Ranch offers a combination of medical attention and lifestyle management. Ranked No. 1 for cardiac care in the U.S. and as one of the top three hospitals overall by *U.S. News and World Report*, this program includes preventive medicine facilities in Cleveland; Tucson, Ariz.; Toronto; Lenox, Mass.; and Weston, Fla.

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COOPER CORPORATE SOLUTIONS

Executives undergo a physical including cardiovascular screenings, gastroenterology services, imaging, skin cancer tests and a nutrition and exercise consultation in less than a day. Calling its approach Fit to Lead, Cooper offers wellness training that links professional performance with health. Located in Dallas, the center has its own line of vitamins and minerals as well as a full spa.



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DUKE EXECUTIVE HEALTH CENTER

Located in Durham, N.C., Duke physicians tailor each physical around a patient's health history using lab assessments, exercise tolerance tests, stress management evaluations, body composition assessment and genetic testing and counseling. Using an electronic medical record, physicians follow up with patients at one-, four-, and seven-month intervals.

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ELITE-HEALTH

This program, based in Miami, was created by cardiologists and specializes in the beginnings of heart disease. Elite-Health also offers "health portal software" that allows patients to communicate with their physicians at any time. The program is developing an app so patients can have a video consultation with their physician on the new iPhone.

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JOHNS HOPKINS EXECUTIVE HEALTH PROGRAM

The Johns Hopkins program, located in Baltimore, boasts the top prostate cancer specialists in the country as well as leading internal medicine physicians. The Executive Health Program focuses on nutrition, exercise and cardiovascular health in an intimate, exclusive setting.

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MAYO CLINIC EXECUTIVE HEALTH PROGRAM

The renowned Mayo Clinic provides an executive physical but eschews scans and other tests that expose patients to radiation unless they are deemed necessary. The centers, located in Jacksonville, Fla.; Scottsdale, Ariz.; and Rochester, Minn., are planning a redesign to create "offices of the future" with a look to match Mayo's sophisticated technology.

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SCRIPPS CENTER FOR EXECUTIVE HEALTH

The Scripps Center in San Diego features the latest technology in artery scans. Its WholePerson Examination targets internal medicine, cardiovascular health, dermatology, gastroenterology and "life quality." Its newest addition is a genetic risk analysis to personalize each patient's prevention strategies according to genealogy. The center also offers clinical psychology to address stress and anxiety, and provides massage therapy as part of the exam.



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STANFORD LIFELONG HEALTH

This highly personalized program in Palo Alto customizes a one-day physical using diagnostic equipment to focus on cardiovascular medicine, neuroscience, sleep enhancement, sports medicine and wellness research. The Human Performance Center targets orthopedics for athletes and also offers a four-hour golf swing analysis. The center is building a new facility that will feature teleconferencing in each room and spa-like changing areas and suites.

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