CUSTOMIZED CARE, concierge service

Mercy’s Executive Health Physical offers a comprehensive medical evaluation for the busy professional in an efficient and cost-effective manner to manage his or her health care needs. Our program serves the dual purpose of addressing preventive care and assessing important health concerns.

We use an integrated approach tailored to the client’s age, gender, personal medical history and risk factors. Using nationally recognized evidence-based medical guidelines, we design a one- to three-day program individualized to the client’s personal health care goals.

Our team consists of internal medicine specialty physicians, exercise physiologists, registered dietitians, physical therapists, pharmacists and behavioral health professionals. Subspecialist physicians in every area of medicine are available for consultation. Additional services such as dental, vision and colonoscopy are offered.
INCLUDED amenities

The following amenities are provided to make the experience as easy and pleasant as possible.

• Transportation between testing sites and hotel, if needed.
• Client liaison escort throughout the day
• Breakfast and lunch
• Beverages and healthy snacks between appointments
• Portfolio with information regarding your testing, services and health care professionals
• Full written report with results and recommendations mailed to you and to your primary care physician
ABOUT THE program

The Mercy Executive Health Physical is a comprehensive medical evaluation at Mercy’s West Des Moines campus featuring the following core components:

- Interview with a board certified internal medicine physician
- Comprehensive head-to-toe physical examination
- Laboratory profile – complete blood count, comprehensive metabolic profile, lipid panel, diabetes test (A1C), thyroid function (TSH), PSA and urinalysis
- Body fat measurements
- EKG
- Cardiovascular testing and screenings (stress echo, calcium scoring, exercise stress test, carotid artery ultrasound, peripheral artery disease screening, abdominal aortic aneurysm ultrasound) as indicated
- Pap smear (with HPV testing if needed)
- Mammogram
- Bone density test (DEXA)
- Spirometry (lung function)
• Immunizations
• Audiogram (hearing test)
• Sleep apnea screening
• Full body skin evaluation, with lesion removal if needed
• Lung cancer screening for smokers
• Confidential STD screening available
• Consultations with:
  - registered dietitian to discuss nutrition and diet needs (weight loss, diabetes, heart healthy, vegetarian, gluten-free)
  - exercise physiologist to assess your physical condition and design a customized plan to enhance your exercise program
  - physical therapist to evaluate ergonomics, musculoskeletal pain and general core strengthening. Optional on-site ergonomics evaluation is available in the Des Moines area
  - pharmacist to review medications and discuss tobacco cessation if needed
  - executive health coach to focus on strengths and assets, identify goals and develop a plan for personal and professional success
  - integrative medicine consult with a fellowship trained physician in alternative/complementary medicine

After your one to two days of testing, you will have a one-hour summary conference with an internal medicine physician to review your results and recommendations.

The time necessary to complete your evaluation may be extended if you require additional testing or subspecialty consults.
Optional consultations you may elect to participate in include, but are not limited to:

- Colonoscopy
- Cosmetic surgery consult
- Dermatological cosmetic procedures
- Diabetes education session
- International travel clinic
- Routine vision exam with on-site optometrist
- Routine dental exam – cleaning, X-rays and evaluation with a dentist
- Consultation with specialty physician for any medical concern
Internal Medicine Physicians

Valerie Stratton, D.O.
Medical Director

Tom Luft, D.O.

Shauna Basener, D.O.