



Women's  
Heart Advantage

*a Clarian Health Program*

IU   
MEDICAL  
GROUP

**nifs**

**National Institute  
for Fitness and Sport**

## ***Comprehensive Executive Physicals***

The major risk factors for heart disease are high blood pressure, high blood cholesterol levels, diabetes, being overweight and physically inactive, and smoking.

You can take steps to specifically identify your risks and aggressively manage your controllable risk factors to help prevent heart disease. If you already have heart disease, we can work to manage those risk factors to help prevent further progression of your disease.

The IU Medical Group at NIFS Executive Physicals Program is a unique medical screening program. It focuses on prevention and health promotion, and offers an action-plan to assist you in making specific changes towards living a healthier, and longer life.

The 4-7 hour comprehensive exam and feedback consultation includes a host of diagnostic tests that have been shown to detect disease in its early stages. Although cardiovascular health is a major focus of our program, we also screen for a variety of other chronic diseases.

### **Initial Exam**

- History and Medical Exam
- Preventive Health and Wellness Education
- Complete Blood Work
- Resting EKG
- Spirometry (lung function testing)
- Fitness Assessment, including Body Composition Analysis
- Exercise Treadmill Stress Testing with VO<sub>2</sub> max
- Glaucoma Screening
- Colonoscopy (per age and risk guidelines. Requires additional 3-4 hours)

### **Feedback Consultation**

- Medical Results Review & Recommendations by Physician
- Exercise Prescription by Exercise Physiologist
- Nutrition Consultation (as needed)
- Complete Summary Packet, including all Medical Results
- Patient-Specific Education & Literature

Additional testing and screening can be included based on individual needs. If additional subspecialty referrals or medical testing is required, our staff will be happy to assist in scheduling, coordination and follow-up.

Our services can be provided on an individual or corporate basis. The comprehensive, one-stop shopping nature of our program assures timely, efficient service provided in a unique customer-oriented manner. Costs range from \$750-\$2000. Insurance reimbursement varies based on your specific plan's coverage.

Please call (317) 274-8580 for more information or to schedule an appointment.