



EXECUTIVE HEALTH PROGRAM

At Your Service.

Welcome to the Kelsey-Seybold Clinic **Executive Health Program**. Through your employer, you're eligible for this comprehensive and personalized program, which consolidates medical testing and consultations that usually take several trips to the doctor's office into **one streamlined assessment**.

 **Kelsey-Seybold Clinic®**
Changing the way health cares.™



Named in honor of our founder and his wife, the Mavis and Mary Kelsey Suite at Berthelsen Main Campus is an elegant, private, and relaxing experience with one-on-one personalized attention.



Stay in touch with your office or home while enjoying a catered breakfast or lunch as part of your Executive Health Assessment.



Nicholas Solomos, M.D., at Berthelsen Main Campus says Executive Health assessments offer specialized care focused on keeping you informed and well educated about your health.

At Your Service.



Harjaneet Bedi, M.D., discusses test results and next steps during a comprehensive Executive Health Assessment at The Woodlands Clinic.

For busy individuals north of Houston, Executive Health Assessments are provided at the Center for Corporate and Executive Health at Kelsey-Seybold Clinic – The Woodlands in Shenandoah.

The **Executive Health Program** is an excellent start on the road to better health. Created to accommodate busy and hectic schedules, it also provides ample time to discuss your health goals, concerns, and results with your physician.

Convenient, Personalized Care

Many health issues, including heart disease, diabetes, and certain types of cancers, can be related to genetics and lifestyle choices. The **Executive Health Assessment** is designed to help you better understand your health and the steps needed to be healthier today and tomorrow. There's no better time than now to take control of your health.

To schedule your Executive Health Assessment, please contact our Executive Health Concierge staff:

Call
713-442-EXEC (3932)

Email
executivehealth@kelsey-seybold.com



Your Concierge will assist you before, during, and after your exam, including scheduling follow-up appointments and tests.

Kelsey-Seybold's Executive Health Program offers:

- A comprehensive physical exam with same-day results on most medical tests.
- Extended one-on-one consultation with a board-certified physician and plenty of time to review your results and discuss questions and concerns.
- A personal Concierge to assist you before, during, and after your exam.
- Free parking at both locations and complimentary valet parking at the Berthelsen Main Campus.
- A catered breakfast or lunch.
- An After-Visit Summary and Recommendations Report from your Kelsey-Seybold physician.
- Registration in MyKelseyOnline, which offers secure online access to portions of your medical record, most test results, email communication with your doctor's office, and online appointment scheduling.
- The option to select your Kelsey-Seybold Executive Health physician as your primary care physician.

Executive Health Assessment Exam Components

Electrocardiogram and Cardiology Interpretation

An electrocardiogram (EKG or ECG) is a test that checks for problems with electrical activity of your heart. An EKG translates the heart's electrical activity into line tracings on paper.

HGB A1C or Glycated Hemoglobin Test for Diabetes

The hemoglobin A1C test tells you your average level of blood sugar over the past two to three months.

Complete Blood Count

A complete blood count (CBC) gives important information about the kinds and numbers of cells in the blood, especially red blood cells, white blood cells, and platelets. A CBC aids in diagnosing conditions such as anemia, infection, and other disorders.

Comprehensive Metabolic Panel

A comprehensive metabolic panel (CMP) is a blood test that measures your sugar level, electrolyte and fluid balance, and kidney and liver function.

Urinalysis

A urine test checks different components of urine.

Lipid Profile

A lipid panel is a blood test that measures lipids – fats and fatty substances used as a source of energy in your body. Lipids include cholesterol, triglycerides, high-density lipoprotein (HDL), and low-density lipoprotein (LDL).

Visual Acuity

A vision check will review near, far, color, and peripheral vision.

Audiogram

The audiogram will test for hearing levels at several decibel levels.

Mammogram

Mammography uses 3D technology to detect abnormal growths or changes in the breast tissue. Mammograms performed on healthy, normal breasts provide a baseline reference for later comparison.

Bone Density Screening

A bone mineral density (BMD) test measures the density of minerals (such as calcium) in your bones using a special X-ray, computed tomography (CT) scan, or ultrasound.

Chest X-ray

Chest X-ray is a picture of the chest that shows your heart, lungs, airway, blood vessels, and lymph nodes.

Pap Test

A Pap test is a way to collect a sample of cells taken from the woman's cervix. The test is used to look for cellular changes that may develop into cancer.

Thyroid Function Test

A thyroid-stimulating hormone (TSH) blood test is used to check for thyroid gland problems. TSH is produced when the hypothalamus releases a substance called thyrotropin-releasing hormone (TRH). TRH triggers the pituitary gland to release TSH.

PSA Prostate Cancer Screening

Prostate-specific antigen (PSA) is a substance produced by the prostate gland. Elevated PSA levels may indicate prostate cancer, a noncancerous condition such as prostatitis, or an enlarged prostate.

Cardiac Stress Test

An exercise electrocardiogram is performed to help find the cause of unexplained chest pain; check for some types of heart disease; see how well people who have had a heart attack or heart surgery are able to tolerate exercise; help find the cause of symptoms that occur during exercise or activity, such as dizziness, fainting, or rapid, irregular heartbeats; check for blockage or narrowing of an artery after a medical procedure, such as angioplasty or coronary artery bypass surgery; and see how well medicine or other treatments for chest pain or an irregular heartbeat are working.

Comprehensive , Continuous Care



Executive Health Assessment I (ages 18 to 39) includes an extended wellness consultation, executive physical exam, and medical history evaluation:

- Electrocardiogram includes Cardiology interpretation
- HGB A1C – diabetes screening
- Complete blood count
- Comprehensive metabolic panel
- Urinalysis
- Lipid profile
- Visual acuity testing
- Pure tone hearing test
- Pap test, upon request
- Thyroid stimulating hormone
- TSH with reflex to T4

Executive Health Assessment II (ages 40 to 64) includes all of the components of Exam I, plus:

- Chest X-ray, two views (once as a baseline if patient is 40 years or older)
- Cardiac stress test (upon request, once every five years starting at age 40)
- PSA (male patients)
- Mammogram, upon request

Executive Health Assessment III (ages 65+) includes all of the components of Exams I & II, plus:

- Bone density screening (female patients)

The Executive Health Program doesn't end with your exam. You'll have ongoing access to follow-up care with your Executive Health physician or *any* Kelsey-Seybold specialists at *any* of our clinic locations in the Greater Houston area with *no referral needed*.

You'll also have continued access to your personal Concierge team who will assist you with:

- Directly connecting you with your Executive Health physician to discuss health concerns or questions.
- Scheduling follow-up tests and recommended screenings.
- Coordinating and scheduling specialist appointments.
- Coordinating billing with your health plan.

Every member of our team is devoted to working with you to understand your needs and goals so that, together, we can find solutions that fit your lifestyle.

Executive Health Visit Information

Pre-Visit Instructions

- Please plan to block your calendar for a minimum of three hours to complete your assessment.
- Do not consume any food (water and black decaffeinated coffee are OK) for a minimum of 12 hours before a morning appointment or 8 hours before an afternoon appointment.
- Please take any current medications according to your prescription.
- If you're 40 or older, please bring comfortable clothes and a pair of sneakers in preparation for a possible cardiac stress test.
- If you're having a mammogram during your visit, please don't wear lotion, perfume, or deodorant. You'll be able to apply these items after your mammogram.
- You may be asked to present your insurance card at the time of scheduling. You may receive an explanation of benefits document at home but should not receive a bill from Kelsey-Seybold Clinic.*

*For diagnostic services or physician visits not covered by this program, Kelsey-Seybold Clinic will submit those charges to your medical insurance plan and any required deductible and/or coinsurance will be requested from you.

Day-of-Visit Itinerary

When you arrive for your Executive Health Assessment appointment:

- You can park free of charge at either location. Our Berthelsen Main Campus location also offers complimentary valet service.
- Your personal Concierge will greet you and help you check in at our dedicated Executive Health Suite.
- You'll undergo lab and diagnostic tests in accordance with your age, gender, and medical history.
- You'll meet one on one with your Executive Health physician for an exam and consultation to discuss health concerns, goals, and same-day tests results. Some results may be sent to you with your physician's notes via MyKelseyOnline.
- We'll serve you a light, catered breakfast or lunch in our private dining room.
- Your personal Concierge will meet with you to identify next steps, register you for MyKelseyOnline, your secure patient portal, and provide an After-Visit Summary and your physician's Recommendations Report.
- You'll have the option to select your Kelsey-Seybold Executive Health physician as your primary care physician.



Schedule your Executive Health Assessment today!

Kelsey-Seybold Executive Health Locations and Physicians

Berthelsen Main Campus 2727 W. Holcombe Blvd., Houston, TX 77025



Nicholas Solomos, M.D.

Dr. Solomos is a board-certified Family Medicine physician. He joined Kelsey-Seybold in 1993 and cares for his Executive Health patients at the Berthelsen Main Campus. Dr. Solomos graduated from The University of Texas Medical School in Houston in 1989. He completed his residency and internships at Baylor College of Medicine. He is a member of the American Medical Association, Texas Medical Association, Harris County Medical Society, and the American Academy of Family Physicians. He is fluent in Greek and Spanish and has been recognized by the National Committee for Quality Assurance (NCQA) for excellence in diabetes care.



Isabel Garcia, M.D.

Dr. Garcia is a Family Medicine physician. After graduating from The University of Texas Medical Branch at Galveston in 2004, she spent a year interning at Flushing Hospital Medical Center in preliminary Internal Medicine. Between 2006 and 2009, Dr. Garcia completed Baylor College of Medicine's Family Medicine program at Kelsey-Seybold Clinic. She is a member of the American Medical Association, Texas Medical Association, American Academy of Family Physicians, Texas Academy of Family Physicians, and Harris County Academy of Family Physicians. She is also a member of the Baylor College of Medicine and Kelsey-Seybold Clinic Family Residency faculty. Dr. Garcia's clinical interests include women's health and preventive medicine.



The Woodlands Clinic 106 Vision Park Blvd., Shenandoah, TX 77384



Harjaneet Bedi, MD

Dr. Bedi received his medical degree from Wayne State University School of Medicine in 1999. After finishing his residency in Family Medicine in 2002, Dr. Bedi worked in urgent care and family practice settings. He also served as a faculty preceptor for the Family Medicine residency program at William Beaumont Hospital in El Paso, Texas. Dr. Bedi joined Kelsey-Seybold Clinic in 2016. He is a member of the American Academy of Family Physicians, the North American Sikh Medical and Dental Association, and the American Association of Physicians from Indian Origin. He is fluent in Hindi, Panjab, and Urdu.





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