The Kelsey-Seybold Clinic
Executive Health Assessment Program

The Mavis and Mary Specialty Suite at
Kelsey-Seybold Clinic®
Main Campus

The Center for Corporate and Executive Health at
Kelsey-Seybold Clinic®
The Woodlands
Specializing in personalized service for busy executives

The Kelsey-Seybold Clinic Executive Health Assessment program provides a unique level of concierge care that’s focused on providing ongoing care and attention in a highly personalized and proactive manner to help you reach your health goals.

Your concierge will handle your every request and need with immediacy and excellence, and is available 24/7 to assist you with:

• Connecting one-on-one with your Executive Health physician, any time of the day or night including after-hours, in case of illness or to have questions answered.

• Scheduling any follow-up tests and recommended screenings.

• Coordinating and scheduling specialist appointments.

• Coordinating billing with your health plan.

• Transportation needs.
You’ve worked hard to build a successful life both for yourself and your family. A busy lifestyle like yours often means your health may take a backseat to other priorities. You deserve, and should expect, the best. When it comes to your health and well-being, you want an excellent physician who listens, takes the time to answer your health questions, and sets a path to better health.

That’s what you get when you choose Kelsey-Seybold Clinic for your Executive Health Assessment. Put yourself in the hands of experienced physicians providing patient-centered medical care, and we’ll give you an individual approach to better health and wellness.

We provide a thorough and coordinated medical, physical and nutritional evaluation, with emphasis placed on early detection and prevention of illness and modification of potentially harmful risk factors.

Get started on a lifetime of better health with an Executive Health Assessment at Kelsey-Seybold Clinic.
As a member of the Kelsey-Seybold Executive Health Assessment program, you can expect these exclusive benefits:

- Your own personal concierge, available to you 24/7, who will assist you with your every need and question before, during and after your exam.

- An elegant, private and relaxing environment in our beautifully appointed Mavis and Mary Kelsey Suite at our Main Campus near the Texas Medical Center or at the Center for Corporate and Executive Health in The Woodlands. Stay in touch with your office in our business center equipped with laptop hookups, internet access and fax services.

- State-of-the-art clinical imaging, including coronary artery imaging, virtual colonoscopy and MR angiography.

- An hour of uninterrupted, one-on-one time with your physician to focus exclusively on your health.

- By the time you sit down with the physician, your X-ray and most lab results will have already been securely sent via computer to the physician who will personally go over your results with you.

- Personalized menu selection of your catered breakfast or lunch during your Executive Health Assessment.

- Enrollment in MyKelseyOnline, our secure and confidential online portal that instantly connects you to portions of your medical record and most test results, while giving you the ability to email your doctor’s office and schedule appointments any time of the day or night.

- Free parking at our Main Campus and The Woodlands; our Main Campus also offers complimentary valet service.

- Comprehensive, continuous care and an Electronic Medical Record that unites doctors to their patients throughout the Kelsey-Seybold network.
Comprehensive, Continuous Care

Imagine having your own team of physicians who coordinate your healthcare needs and partner with you to proactively manage your health.

Our Executive Health exam doesn’t end with your appointment. You’ll have ongoing access to follow-up care with your Executive Health physician or any of our in-house specialists in 55 medical specialties and sub-specialties at 19 Houston-area locations. No referral needed.

Imagine having your own Personal Healthcare Concierge to assist you with every healthcare need and question.

Imagine a highly personalized healthcare experience in an elegant private suite environment where time and care is taken to focus on your specific health profile, needs and follow-ups.

You’ll have all this and more with an Executive Health Assessment by Kelsey-Seybold Clinic.
Because it takes time to assess health risks and develop individualized preventive strategies, the cornerstone of our program is extended meeting time with the physician.

During this time, your physician will:

- Review all available test results.
- Address any health risks and concerns you may have.
- Discuss any follow-up testing that may be needed.
- Perform a thorough physical exam.
- Listen to, and answer, any questions you may have.

Following your physical exam, you’ll consult with a dietitian who will help you make healthy food choices that fit your personal wellness plan and lifestyle.

By the time you leave, you’ll have a practical, concrete plan for better health. A short time after your appointment, you’ll receive a comprehensive, individualized written report that outlines results, diagnoses and recommended follow-up.
John Clanton is the CEO of both Fibertown and Astin Partners LP.

CEO Says Executive Health Program Is Quality Time Well Spent

Fibertown and Astin Partners LP CEO John Clanton has been enrolled in the Kelsey-Seybold Executive Health program for six years and says joining the program has been one of the best decisions he’s made.

“I never dread going to the doctor, and I’m not sure a lot of people can say that,” John says.

What John values the most about the Executive Health program is the personal attention he receives from his physician, Robert Dickinson, M.D., and the overall stress-free experience.

“The amount of time, the quality of time, not being rushed to get through an appointment … from a quality standpoint that really stands out,” he says. “The thoroughness of the annual exam provides a good bit of peace of mind.”

He values being able to have all the tests he needs – stress tests, chest X-rays and blood tests – at the same appointment.

“This was the reason I was looking for an executive health program to begin with – to find a one-stop shop for a comprehensive evaluation where all the information is gathered at one time and reviewed by one physician at one place and where there is also quality time with the physician,” John says.

John also gives high marks to Dr. Dickinson, who “clearly goes out of his way to make it easy to discuss what’s going on and is very effective at coaxing this out.”

He credits the Kelsey-Seybold Executive Health program and Medical Director Dr. Dickinson with finding the right approach to help him control his cholesterol levels.

“I was not successful in managing my cholesterol before this program,” he says.
Meet Your Executive Health Physicians in Houston

View physician biographies and video profiles at kelsey-seybold.com/bios by searching by name, location or specialty.

**Dr. Dickinson** serves as Medical Director for Executive Health and Wellness. He has been practicing at Kelsey-Seybold Clinic since 1979. He received his undergraduate degree in Biology from Rice University and earned his medical degree in Internal Medicine from Baylor College of Medicine. He completed his residency at Baylor College of Medicine and is board-certified in Internal Medicine by the American Board of Internal Medicine. Dr. Dickinson is a member of the Harris County Medical Society, Texas Medical Association and the American Medical Association. In addition to his medical achievements, he received a Certificate of Appreciation from NASA Johnson Space Center for his participation in the Health and Safety Forum and in 2003 was named by H Texas Magazine as one of Houston’s Super Doctors.

**Dr. Hauser** is board-certified by the American Board of Family Medicine. She completed her medical degree at The University of Texas Health Science Center at Houston; her internship at USC-Presbyterian Intercommunity Hospital in Whittier, Calif.; and residency at The University of Texas Medical School in Houston. She has received Bridges to Excellence recognition for delivering superior patient care and a Patients’ Choice Award. She is a member of the American Academy of Family Physicians, Texas Medical Association and Harris County Medical Society. With nearly 20 years’ experience, Dr. Hauser is prepared to offer comprehensive medical care to patients.

**Dr. Solomos** is a board-certified Family Medicine physician. He joined the Executive Health program in 2011, expanding his practice at the Kelsey-Seybold Main Campus started in 1993. Dr. Solomos graduated from the University of Texas – Houston Medical School 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 AAFP. He is fluent in Greek and Spanish, and has been recognized by the National Committee for Quality Assurance (NCQA) for excellence in diabetes care.
Dr. Erickson earned his medical degree at the University of Istanbul in 1991. He has extensive training in Occupational Medicine, research experience at Baylor College of Medicine and holds a Ph.D. in Physical Therapy and Rehabilitation. After working in Emergency Medicine, he completed his Family Medicine residency at UT Southwestern in the McLennan County Family Medicine Residency Program. He served as medical director at multiple healthcare organizations before joining Kelsey-Seybold in 2014.

Kent Erickson, M.D., Ph.D., D.A.B.F.M.

Dr. Kent Erickson and his team welcome patients to their suite at the Center for Corporate and Executive Health in The Woodlands.
EHA Recommended Health Profiles and Fee Schedule Process

These proposed examination and test procedures are based solely on the standard examination components recommended by the American Medical Association and the physician leadership of Kelsey-Seybold Clinic. Kelsey-Seybold Clinic is able to customize a program as needed based upon corporate medical protocols or patients’ preferences.

Executive Health Assessment I (age 18 to 39)
Executive Physical Exam and Medical History Evaluation, includes body composition and flexibility assessment.
Electrocardiogram, includes Cardiology interpretation fee
Complete Blood Count
Comprehensive Metabolic Panel
Vitamin D
Urinalysis
Lipid Profile
Visual Acuity
Audiogram
Chest X-Ray, 2 view
PAP Smear, female patients

Executive Health Assessment II (age 40 to 49)
Includes all of the components of EHA I, plus:
Thyroid Stimulating Hormone
Uric Acid
PSA, Male Patients
Cardiac Stress Test (not performed annually)
Mammogram, Female Patients

Executive Health Assessment III (age 50+)
Includes all of the components of EHA I & II, plus:
Assay of Testosterone
Bone Density Screening, Female Patients or Males as indicated

Optional Scans
The following can be ordered at the Physicians discretion based upon medical need. These scans are NOT billable to insurance and are paid by the individual or billed to the company if corporate sponsored.
CT Heart Scan
Ultrasound Aorta Health Screening
Ultrasound Carotid Intima Media Thickness

Insurance Pricing Option
Kelsey-Seybold Clinic can bill health insurance benefits for the Executive Health Assessment. The pricing has two components:

Extended Wellness Assessment, $595
The Extended Wellness Assessment offers an extended visit with the physician and a comprehensive, individualized written report of all results, findings and recommendations. This fee is not billable under insurance coverage and can be direct billed to the company or paid by the patient.

Testing & Preventive Checkup – Billing via Health Plan
Kelsey-Seybold Clinic is contracted with most health plans and will bill the carrier for the physician visit, laboratory work and tests order by the physician to potentially include EKG, Vision Screening and Audio Screening. Executives are responsible to pay their insurance co-pay at the time-of-service, or this can be direct billed to the company. If necessary, the patient or company will be billed for the remaining co-insurance amount based on their specific health plan’s contract. PPO plans typically receive a discounted rate and the patient is responsible for only their contracted portion of the health plan’s discounted rate for all covered services.
### Kelsey-Seybold Executive Health Clients

Our corporate clients include Houston’s most prestigious and well-known corporations:

<table>
<thead>
<tr>
<th>Baker Hughes</th>
<th>Haldor Topsoe</th>
<th>Plant Performance Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barrios Technology</td>
<td>Halliburton</td>
<td>Technip</td>
</tr>
<tr>
<td>Bayer Pharmaceuticals</td>
<td>HCC Insurance Holdings</td>
<td>TESCO</td>
</tr>
<tr>
<td>Benchmark Electronics</td>
<td>Key Energy</td>
<td>Texas Children’s Hospital</td>
</tr>
<tr>
<td>Boardwalk Pipeline</td>
<td>King Ranch</td>
<td>Texas Petrochemical</td>
</tr>
<tr>
<td>Carriage Services</td>
<td>LBC Houston</td>
<td>Trussway</td>
</tr>
<tr>
<td>Consol Energy</td>
<td>McDermott</td>
<td>Trustmark Bank</td>
</tr>
<tr>
<td>EPCO</td>
<td>METRO</td>
<td>Continental Airlines (United Airlines)</td>
</tr>
<tr>
<td>Grocers Supply</td>
<td>MI Swaco</td>
<td>Waste Management</td>
</tr>
<tr>
<td>Gulf Interstate Engineering</td>
<td>ODFJELL</td>
<td></td>
</tr>
</tbody>
</table>

---

### Move Your Healthcare Experience to a Higher Level

For information about our Executive Health program, be sure to visit kelsey-seybold.com or call 713-442-EXEC (3932) to schedule an appointment. We can also be reached by email at executivehealth@kelsey-seybold.com.