



**executive**

WELLNESS PROGRAM

Monsour Executive Wellness Center



# THE ULTIMATE PHYSICAL

The executive physical was designed with the needs of a busy executive in mind. At the Monsour Executive Wellness Center, you will experience the latest in advanced technology. Our comprehensive examination is truly individualized according to your personal healthcare needs and is strictly confidential.

## Comprehensive Pre-Assessment

After registering for your comprehensive physical, your health care concierge will contact you to go over your health assessment and extensive health history to alert your USF Health caregivers of any special problems or challenges. All of this will be taken care of prior to the day of services to ensure we are providing you with the highest level of service for your current healthcare needs.

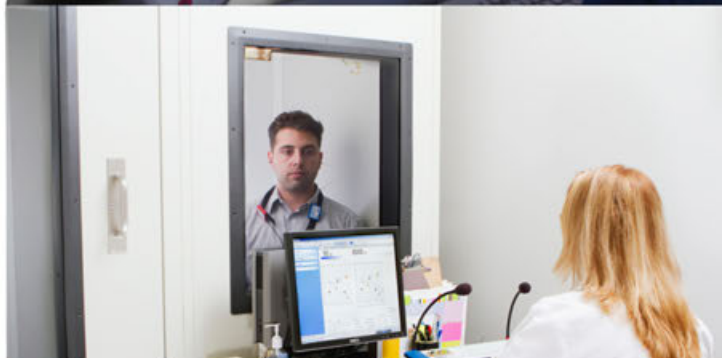
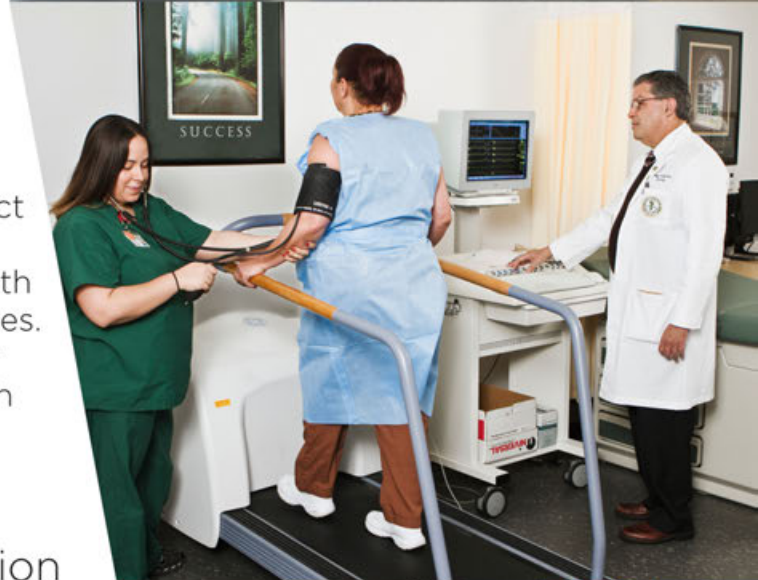
## Comprehensive Physical Examination

The day of your examination, your healthcare concierge will meet you at the front door & escort you to the executive suite to begin your day. In your suite you will find:

- A computer with printer, as well as wireless internet services.
- A telephone with conferencing capabilities.
- A relaxing and comfortable environment with full-service amenities.
- A healthy lunch, along with fresh fruit & snacks that will be provided throughout the day.

Contact **Deann Marasco** your executive concierge to schedule an appointment.

**(813) 974-1794** [dmarasco@health.usf.edu](mailto:dmarasco@health.usf.edu)



## GREEN PACKAGE \$2000

- Blood Work
  - Comprehensive blood count
  - Comprehensive metabolic panel
  - Lipid Panel
  - Urinalysis
  - Thyroid stimulating hormone
  - Prostate Specific Antigen (PSA) for Men
- Chest X-ray
- Eye examination with full eye dilation
- Hearing screening
- EKG & Exercise treadmill stress test
- Spirometry
- Hemocult testing
- \*Comprehensive physical Examination with full dermatological skin check and body composition analysis.

## GOLD PACKAGE \$3700

Our gold package includes everything from the green package, plus:

- C-reactive protein test
- Mammography (female)
- Abdominal ultrasound
- Carotid doppler
- CT cardiac calcium score
- Nutrition consultation
- Exercise consultation

## PLATINUM SERVICES

All of these services are a la carte and can be added to Green or Gold packages for additional service fees:

- Abdominal MRI
- Brain MRI
- Carotid MRA
- Densitometry
- Stress echo
- Ankle brachial testing
- \*Breast MRI (it is recommended that a mammography with ultrasound be done prior to this service)

## Your healthcare results at your fingertips.

You will receive a USB drive with all of your electronic copies of all tests completed for your comprehensive physical. These files will be in pdf format and transferrable to any physicians outside of USF Health. All records of services within USF Health are paperless and virtual to all USF healthcare

providers. After your visit, a leather bound folder containing a physician summary letter and copies of all images and testing reports will be sent to you. We can provide additional copies that you may provide to your primary care physician upon request.

# Making Life Better

The Monsour Executive Wellness Center is located within the Carol & Frank Morsani Center for Advanced Healthcare on the USF Health campus in Tampa Bay.

## SAMPLE AGENDA (GREEN PACKAGE)

7:30AM	-	8:00AM	Check-in including: spirometry, vitals, chest x-ray
8:00AM	-	9:00AM	Medical history, physical examination, including skin cancer screening.
9:00AM	-	10:00AM	EKG/exercise treadmill stress test
10:00AM	-	10:30AM	Hearing exam
10:30AM	-	11:30AM	Eye examination with dilation
11:30AM	-	12:00PM	Lunch (included in package)
12:00PM	-	1:00PM	Health review & wrap-up with the physician
1:00PM	-	1:15PM	Check out

Take control of your health care and join us at USF Health for our Executive Wellness Program. For more information, please call **877-456-EXEC** or log onto **myhealthcare.usf.edu**



The Center is named after Dr. Roger and Barbara Monsour, who provided the leadership gift to establish the Center and were instrumental in the design and concept of the program.

**Monsour Executive  
Wellness Center**  
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