

USFHealth

MONSOUR EXECUTIVE WELLNESS CENTER

Preventive Wellness Plan

Taking an active role in your health can change the trajectory of your life.

We're Here to Make Taking Care of Yourself Easier

People often delay doctor visits and preventive screenings for a variety of reasons. Preventive care isn't just about avoiding illness — it's about optimizing your life. At Monsour Executive Wellness Center, we deliver proactive, personalized care designed to improve your long-term health and vitality.

Your Journey Starts With the Enhanced Exam



Comprehensive screenings beyond standard insurance physicals that complement and extend your primary care.



An all-inclusive investment offering a guided, sustainable approach to care — customized to your lifestyle and designed to support what matters most to you.



Expanded access, effortless scheduling, and a supportive care team that complements your primary care and helps you navigate care with ease.

Elevating Wellness. Enhancing Life.

How Our Team Can Help

As part of the region's leading academic health system and the largest multispecialty group on Florida's West Coast, the Monsour Executive Wellness Center offers seamless access to world-class physicians across more than 30 specialties and dozens of locations throughout the Tampa Bay region — including Tampa General Hospital, our primary teaching hospital and one of the nation's largest hospitals.

Beyond your enhanced exam, you'll receive a tailored lifestyle plan, strategic referrals, and the support of a dedicated care team that works alongside your primary care physician to guide every next step with ease.

Join Today



(813) 821-8910



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health.usf.edu/care/executive-wellness

THE ENHANCED EXAM

CARDIOVASCULAR & VASCULAR RISK ASSESSMENT

Screening for heart disease, vascular health, and cardiovascular risk

- Resting Blood Pressure
- Resting Heart Rate
- Electrocardiogram (EKG)
- VO₂ Max powered by Ventriject®
- Ankle-Brachial Index (ABI) Vascular Screening
- Lipid Panel
- Apolipoprotein B (ApoB)
- C-Reactive Protein (CRP)

METABOLIC & BLOOD SUGAR HEALTH

Screening for diabetes, metabolic function, and organ health

- Hemoglobin A1C (HbA1c)
- Comprehensive Metabolic Panel

BODY COMPOSITION & PHYSICAL MEASUREMENTS

Screening for overall physical health and baseline functional metrics

- Height
- Body Composition Analysis
- Vision Screening
- Color Vision Screening
- Hearing Screening

MENTAL HEALTH, STRESS & SLEEP WELL BEING

Screening for emotional health, stress levels, and restorative sleep

- PHQ 2 Depression Screening
- GAD 2 Anxiety Screening
- Work/Life Balance Assessment
- Sleep Quality Evaluation

ENDOCRINE HEALTH

Screening for thyroid function and hormonal balance

- Thyroid Stimulating Hormone (TSH)
- Free T4

AUTOIMMUNE AND HORMONAL FUNCTION

- ANA
- FSH
- Progesterone
- Testosterone
- Estradiol
- LH
- Sed Rate
- Free and Total

NUTRITIONAL & MICRONUTRIENT STATUS

Screening for key vitamin and nutrient deficiencies

- Vitamin D
- Folate
- Vitamin B12

CANCER RISK SCREENINGS

Screening for common cancer risks based on age and sex

- Skin Cancer Screening
- Prostate Specific Antigen (PSA)
- Cervical Cancer Screening

URINARY & KIDNEY HEALTH

Screening for kidney function and urinary abnormalities

- Urinalysis

IMMUNIZATION STATUS REVIEW

Protecting against preventable infectious diseases

- Tdap
- Influenza (Flu)

OPTIONAL ENRICHMENTS (ASSISTED SCHEDULING; BILLED TO INSURANCE)

Expanded screening for cancer, bone health, and advanced cardiovascular risk

- Breast Cancer Screening
- Colon Cancer Screening
- DEXA Bone Density Scan
- CT Coronary Calcium Score
- Carotid & Abdominal Ultrasounds