



DEAR L3 MEMBER:

Your company values your health and encourages you to not only improve your health, but also better your life. Now it's up to you to take the next step and schedule your Cooper Clinic Executive Health exam today.

The process is simple:

- Review the Executive Health Exam Protocol to learn which tests are available. We're also providing a full list of Medical Procedures and Health Evaluations that may be ordered by your physician or added to your exam day at your financial responsibility.
- Find the Additional Services page for information about your spouse's exam costs and hotel accommodations.
- Read the Cooper Clinic Executive Health brochure. You'll learn more about the Cooper Clinic exam, know what to expect and how to prepare before you arrive, plus find out ways to customize your visit.
- Call 972.560.3227 or go to cooperexehealth.com and click on *Appointments* to schedule your exam. We'll do the rest.

A healthy executive is a more productive executive. By taking control of your health, you have the power to inspire your family, friends, colleagues—and an entire workforce—to make healthier choices.

All of us at Cooper Clinic look forward to helping you achieve your wellness goals.

In health,

Kenneth H. Cooper, MD, MPH
Founder and Chairman
Cooper Aerobics Center

Tyler C. Cooper, MD, MPH
President and CEO
Cooper Aerobics Center

Camron E. Nelson, MD
President and CEO
Cooper Clinic

Executive Health Exam Protocol Covered by Your Company

Cooper Clinic's Executive Health exam includes the following six tests, which provide a well-rounded view of your overall health. All costs are the responsibility of the patient. Please contact your benefits administrator if you have any questions.

MEDICAL EXAM AND COUNSELING

- **Exam/Counseling:** A review of the patient's complete medical history and a thorough physical examination with particular emphasis on cardiovascular abnormalities and cancer screening. Test results are thoroughly reviewed with the patient to answer questions and provide recommendations for healthy living.
- **Medical Records:** A complimentary report is mailed to patients.

LABORATORY ANALYSIS

- **A comprehensive collection of values** including a lipid panel, glucose, tests to indicate disease risk, plus omega-3 and vitamin D levels.

CARDIOVASCULAR SCREENING

- **Treadmill or Stationary Cycle Stress Test:** Standardized walking or cycling test to determine cardiovascular fitness level, assess the function and conduction system of the heart and identify risk of coronary artery disease. EKGs are taken before, during and after the stress test.

IMAGING PROCEDURE

- **Multidetector Computed Tomography (MDCT):** Scan of upper torso that detects buildup of calcium in the heart's arteries, associated with risk of coronary artery disease. Also evaluates the lungs and abdominal organs for significant abnormalities such as masses.

DERMATOLOGY

- **Skin Cancer Screening:** Head-to-toe screening for skin cancer or other diseases of the skin.

NUTRITION

- **Nutrition Coaching:** Consultation with a registered dietitian nutritionist to provide a realistic, practical approach to healthy eating. Includes one-on-one nutrition coaching, analysis of the patient's Three-Day Food Record and a personalized action plan based on health history, lifestyle and habits.

Medical Procedures & Health Evaluations

The following Cooper Clinic procedures may be medically-indicated by your physician or may be added by you to the exam day—*all at the responsibility of the patient*. Please contact your benefits administrator if you have any questions.

MEDICAL EXAM AND COUNSELING

- **Pap Smear:** Standard gynecologic evaluation.
- **Human Papillomavirus (HPV):** Screening for cervical cancer; performed with the Pap smear.

LABORATORY ANALYSIS

- **Immunizations:** Immunizations are available. Please discuss with your physician on the day of your exam.
- **H. Pylori Screening:** A breath test to detect the presence of bacteria known to cause ulcers and stomach cancer.
- **Mercury Blood Test:** Blood test to measure mercury levels, high levels associated with harming the brain, heart, kidneys, lungs and immune system.

CARDIOVASCULAR DIAGNOSTIC PROCEDURES

- Diagnostic cardiovascular testing may be ordered by a physician. Tests and prices vary.

IMAGING PROCEDURES

- **Carotid Screening Ultrasound:** Evaluation of the carotid arteries for detection of significant plaque or blockage.
- **3D Mammogram:** Digital screening of the breasts to detect early breast cancer.
- **Osteoporosis Screen:** Low radiation screening for osteoporosis.
- **Virtual Colonoscopy:** Minimally-invasive procedure to view the large bowel (colon). *Procedure requires a second day, following the exam day or at a more convenient time.*
- Additional imaging procedures such as lung CT and digital chest X-ray are available upon physician's orders.

MEDICAL SCREENINGS

- **Body Composition:** Determination of percent total body fat and ideal weight.
 1. Skin Fold Measurement: Taken with skin calipers.
 2. Body Fat Densitometry: Full-body scan to measure fat mass and lean muscle mass.
- **Hearing:** Evaluation of hearing in multiple ranges.
- **Pulmonary/Spirometry:** Assessment of lung volume and airway flow.
- **Vision:** Assessment of distant, near, color and peripheral vision and screening for glaucoma. *Please note, prescriptions cannot be written.*
- **Laryngoscopic Exam:** Photograph of the larynx to check for cancer, polyps, vocal cord nodules, inflammation from infections or allergic conditions and other abnormalities.

GASTROENTEROLOGY

These services require a second day, following the exam day or at a more convenient time.

- **Colonoscopy:** Examination of the entire large intestine to find and remove pre-cancerous polyps.
- **Endoscopy:** Examination of the esophagus, stomach and small intestine for swallowing difficulties, chest pain, nausea, vomiting, Barrett's esophagitis, bleeding, indigestion, abdominal pain and unexplained weight loss.

HEALTH ASSESSMENTS

- **Resting Metabolic Rate (RMR):** Breathing test to determine the number of calories burned at rest. Ideal for setting weight loss and nutrition goals. Administered by Cooper Clinic Nutrition Services with written results.
- **Functional Fitness Assessment:** Session with a Cooper Clinic exercise specialist to address overall mobility, stability and strength using the Functional Movement Screen as well as optimize aerobic exercise and athletic performance through appropriate corrective exercises. Beneficial for all fitness levels.
- **Psychological Screening and Stress Assessment:** Reviewed by a clinical psychologist, responses to this questionnaire yield a report with both graphic and written summaries of distress, depression, anxiety, interpersonal sensitivity, anger, hostility and other important psychological patterns.

Additional Services

YOUR SPOUSE IS ALSO WELCOME

Many couples choose to go through a Cooper Clinic preventive exam on the same day. We hope your spouse will also schedule an exam—*all costs are the responsibility of the patient*. See the Cooper Clinic Executive Health brochure for other ideas on how to customize your and your spouse's visit. For example, by adding Cooper Spa treatments or Cooper Clinic cosmetic dermatology services (patient's responsibility).

Call us at 972.560.3227 to schedule your spouse's appointment and any other Cooper services.

HOTEL ACCOMMODATIONS & CAR SERVICE

Cooper Hotel & Conference Center is conveniently located within walking distance to Cooper Clinic. *Executive Health patients receive preferred pricing on hotel accommodations (patient's responsibility)*.

Cooper Hotel is a 61-room boutique hotel offering spacious guest accommodations, resort amenities and attentive, personal service. Enjoy complimentary high-speed Wi-Fi and complimentary parking during your stay. Visit cooperhoteldallas.com for more information.

Transportation to and from the airport can also be scheduled at the responsibility of the patient.

Reservations

PHONE: Call us at 972.560.3227 to make your hotel and/or transportation arrangements. A valid credit card must be provided.

ONLINE: Book your room online at cooperhoteldallas.com. Receive a preferred rate by entering the Cooper Clinic Executive Health code COOP70. Please note if you'd like the hotel to make transportation arrangements for you.

