



Our Vision

Executives are fundamental to an organization's strength, growth, and innovation—and so is their quality of life and peace of mind. Princeton HealthCare System Occupational Health began partnering with corporations more than 20 years ago. The Executive Physical Program was created in response to those corporations' requests for a program that enabled executives to have comprehensive physical exam services in one convenient visit.

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Comprehensive physical exams for the busy executive.

Our Executive Physical Program provides comprehensive physical exams in a manner that meets the needs of a busy executive. Executives choose to participate in the program for exclusive care and convenience. Most exams are completed within 4-5 hours so that they can return to work the very same day. Plus, while each executive is here, we offer a range of amenities to make his or her stay more comfortable and productive.

We are dedicated to providing the busy executive with superior healthcare services in a sophisticated, modern environment.



**Princeton HealthCare System
Occupational Health**

Medical Arts Pavilion
5 Plainsboro Road, Suite 570
Plainsboro, NJ 08536

609.853.7474

Executive Physical Program



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► Efficient

Appointments

Appointments are typically scheduled two weeks in advance—but can be made sooner upon request. Please contact the Executive Physical Program Liaison at **609.853.7474** or by email at occupationalhealth@princetonhcs.org.

When you schedule your appointment, we will also schedule a pre-visit telephone interview with our Occupational Health Physician, who will then recommend what tests or procedures are most appropriate. Our Liaison will work directly with you to schedule your tests and procedures on the date you prefer.

Visit Preparation

After a pre-visit telephone interview, each executive is notified as to fasting or other instructions for the visit.

The Physical Exam will be customized based on the executive's individual needs. They should plan to wear comfortable clothing on the day of their appointment.

► Comprehensive

The Executive Physical Examination at Princeton HealthCare System Occupational Health is based on the United States Preventative Services Task Force (USPSTF) recommendations. The Examination routinely takes place in one day.

A visit may include:

1. **Screening tests for early detection of cancer, cardiovascular health, endocrinologic, metabolic, and overall well-being including diagnostics and laboratory.**
2. **Review of immunizations and vaccinations.**
3. **Personal history and physical examination completed by PHCS Occupational Health Physician.**
4. **Recommendations on maintaining health and quality of life.**

Follow-up

Shortly after the Executive Physical, the physician will call to discuss the results. Executives will also receive a full, detailed report, including customized recommendations and a treatment plan for their improved health and well-being.



► Individualized

Personalized Care

Each executive will have a dedicated physician who will accompany him or her throughout the day – as well as a dedicated registered nurse to perform all nursing care.

Concierge and Amenities

A Patient Concierge will meet the executive to escort him or her to the first destination of their appointment. The Concierge will then stay with the executive throughout the day, answering any questions that might arise and ensuring that he or she moves from one destination to the next. Executives can enjoy:

- A private conference room with Internet access to stay connected with work or family.
- Catered refreshments and meals during their time at the hospital. (If not required to fast.)
- Shower facilities.

A 1-day pass to our Fitness & Wellness Centers at our Plainsboro or Princeton locations to be used at any time.

► Convenient

Exam Location

The examination will be conducted at the state-of-the-art University Medical Center of Princeton at Plainsboro, in the Medical Arts Pavilion (MAP), on the fifth floor.

Billing

Payment for the Executive Physical can be made several different ways. We can bill the employer directly, bill the executive's insurance company or if the benefit is not offered by the employer, we can invoice the executive directly. Please contact us for more information. We will be happy to discuss this matter with the executive's employer and/or insurance provider.