



Vanderbilt Executive Health Physicals

Are You Ready to Work AND Live Well?

Your employer has chosen to invest in your health and performance by sponsoring your participation in the Vanderbilt Executive Health Physicals program. We accommodate the fast-paced schedules of business leaders who have little time to spare, and need to remain in top health to match their top performance.

Schedule your medical assessment and physical today and set your strategy for preventing disease, optimizing health and reaching your full potential. We offer a comprehensive assessment of your health, conveniently packaged in one clinic visit.

Here's How it Works

STEP 01

Book your pre-visit phone consultation [here](#). We will gather basic information, confirm a date for your onsite visit and schedule an intake call with one of our nurses (this call typically occurs one week prior to your clinic appointment).

STEP 02

During your nurse intake call, we will discuss your current health status, family medical history and specific health goals. This call usually takes 30 minutes to complete. In some cases, it can be combined with your pre-visit consultation.

STEP 03

On the day of your appointment, call our front office when you arrive at the clinic. We will greet you at a private entrance and escort you to your appointment. As part of our COVID-19 safety protocols, you will be the only patient in our facility during your physical.

Your 3-4 hour appointment will consist of:

- Blood draw with your intake nurse
- Full fitness evaluation
- Meeting with exercise physiologist to review your data and set fitness goals
- An in-depth (approximately 1 hour) consultation with your physician to review health history, family medical history, risk factors and lab results
- Assessment with dietitian to review your food choices and overall nutrition
- If needed, hearing and vision screenings can also be accommodated during your visit
- Car service to Vanderbilt Health sub-specialty clinics can be provided upon request.

AFTER YOUR VISIT

You will leave our clinic with a clear understanding of your overall health and personalized care recommendations. We will also be here to support you throughout the year. This includes referrals to specialists, an online health portal, follow up calls for diet and exercise, and health coaching and tobacco cessation coaching if needed.