

Vanderbilt Executive Health and Wellness

Which program is best for you?

Vanderbilt Executive Health and Wellness offers two convenient, personalized health care programs tailored to fit a busy, high-pressure lifestyle: **Executive Health Physicals** and **Executive Wellness and Concierge Medicine**. Both of these programs provide streamlined access to Vanderbilt Health specialists based on your specific health needs and advanced preventive health strategies.

However, there are notable differences between the two programs. See below for the key differences to help you decide which is the best fit for your health goals.



Executive Wellness and Concierge Medicine

This physician becomes your new primary care doctor for all your care needs.

You have 24/7 access to this physician, as well as his or her cell phone number.

Your experience begins with an extensive physical. After that, you can visit as needed and contact your physician by email and phone.

In addition to your physician and nursing staff, the Concierge Medicine clinic houses several specialists onsite. This clinic also facilitates offsite specialist visits.

You pay an annual fee for access to the clinic and enhanced communication with your physician. All health care services are billed to your insurance.

Executive Health Physicals

This physician works in tandem with your primary care doctor.

You visit this physician for your annual physical. You can also choose to receive complimentary follow-up visits with your dietitian and exercise physiologist throughout the year

Your experience begins with an executive health physical and is bolstered by nutritional, lifestyle and physical fitness support throughout the year.

In addition to your physician and nursing staff, the Executive Health Physicals clinic offers dedicated time with an exercise physiologist and a registered dietitian, and facilitates specialist visits as needed.

You pay an annual fee for the services received at this visit and ongoing consults with the dietitian and exercise physiologist. Program fees are not billed to your insurance, but specialist referral visits are.

Still have questions about which of these two programs is right for you?

Please contact us at EmployerSolutions@vumc.org.