



Vanderbilt Executive Health Physicals

Convenient, Comprehensive, Trusted Care
to Keep Top Performers in Peak Condition

A Letter From Our Team

As a top executive or entrepreneur, you lead a busy and likely stressful life. Everyone is counting on you, and you are counting on your health to not let you down or hold you back. Unfortunately, health likely isn't at the top of your list. That's where we come in.

At Vanderbilt Executive Health Physicals, our goal is to offer a holistic approach to health care that addresses your medical, behavioral and emotional needs. We help you set an effective plan for your health, and we offer touchpoints throughout the year to support adjustments that lead to healthier outcomes. In some cases, we even help patients uncover chronic diseases or emerging health conditions and address them before they have a severe impact.

We see you as an executive athlete. Our goal is to do everything we can to make you more effective at work and at home. We help you elevate your health like you've elevated your career.

Our passion is delivering personalized care to each patient we support. We know that your success has a positive impact on countless others. Let us help you be your very best!

Sincerely,

Sapna Kripalani, MD

Internist and Medical Director



Watch this video

to meet Dr. Kripalani, medical director
of Vanderbilt Health Physicals.

About Us

The Vanderbilt Executive Health Physicals program accommodates the fast-paced schedules of business executives, entrepreneurs and entertainers who have little time to spare and need to remain in top health to match their top performance.



Personalized Care

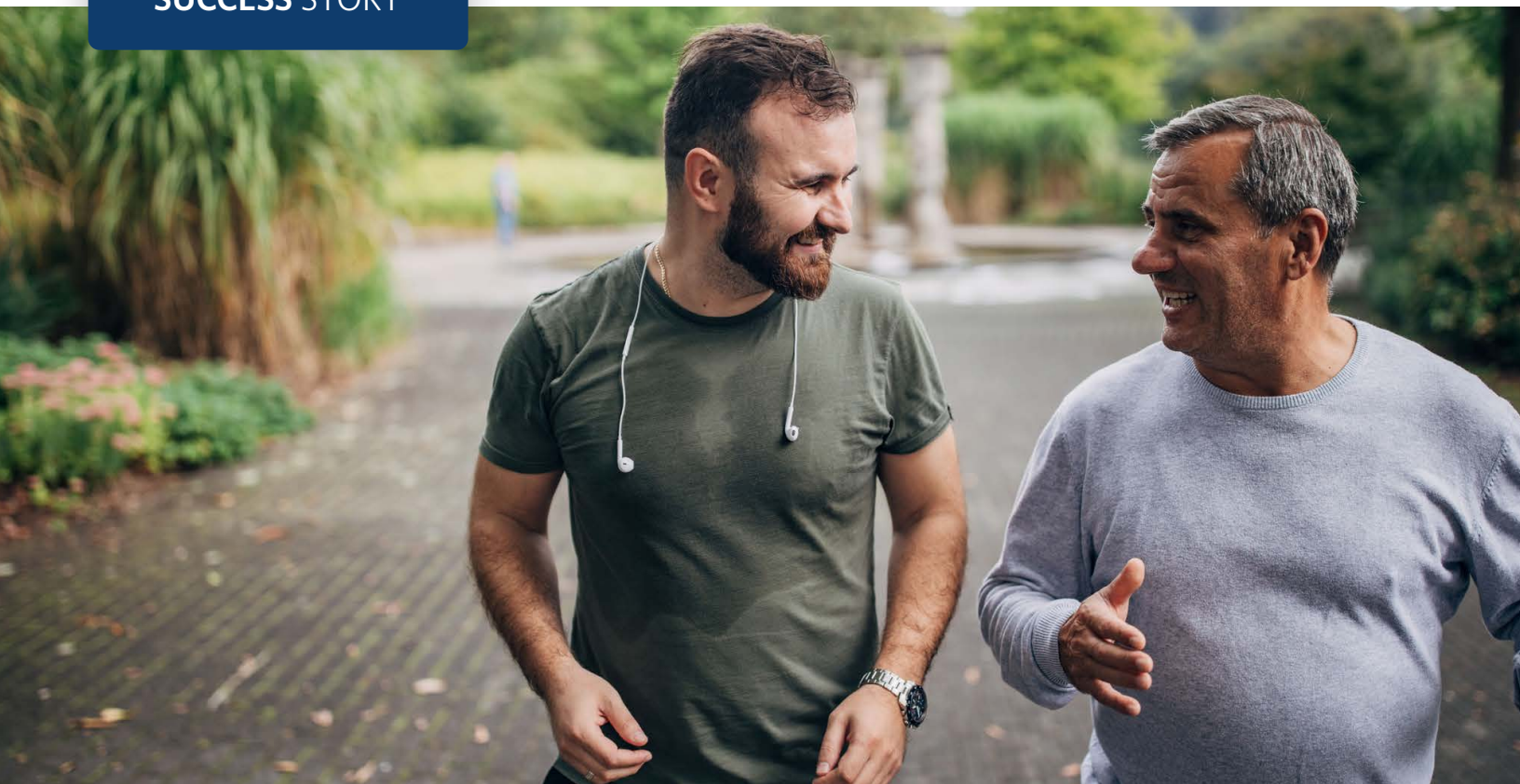
We offer an annual or one-time comprehensive medical assessment and physical that includes a strategy for preventing disease, reducing risk factors and optimizing health. Our services are tailored to you based on your age, gender, medical history and health goals. Our team consists of experienced preventive medicine physicians, nurses, health coaches, exercise specialists, dietitians and psychologists who provide you with the highest level of personalized care.

Access

Your Executive Health Physical is designed to complement your ongoing health care relationship with your primary care provider. If you do not have a primary care provider, please ask a member of our staff about Vanderbilt's Executive Wellness and Concierge Medicine service.

A Closer Look

Meet the Executive Health Physicals team in [this video](#), and check out our other videos, "[Live a Healthier Life](#)" and "[Manage Stress and Anxiety](#)" to learn helpful health and wellness information.



**MEET
MELCOLM**

The Executive Health Physicals team partnered with Malcolm, a director in the oil and fuel industry, to improve his health and well-being.

We started with a comprehensive evaluation and scheduled monthly follow ups for 10 months. Malcolm credited this ongoing accountability as the key to his success. We helped Malcolm change his diet, both by addressing the content of meals and snacks, as well as the spacing between them. We encouraged better hydration and frequent exercise, including walking, weight training and interval training.

HIGHLIGHTED RESULTS



Lost 9% body fat and reduced BMI by 2.4



Gained 13 pounds of muscle



Reduced his waist circumference so much, he had to buy a new belt



Reduced diastolic blood pressure from 85 (above normal) to 64 (normal range)

Malcolm has taken full advantage of his company's sponsorship of Executive Health Physicals as a covered employee benefit.

As a result of his re-commitment to health, Malcolm has more energy, increased stamina and improved well-being. He even started a new hobby: kayaking with his family!

Our Services

We offer a comprehensive assessment of your health, conveniently packaged in one clinic visit. Our multidisciplinary team uses the results of your medical exam and physical to help set your strategy for preventing disease, optimizing health and reaching your full potential. Specifically, our program includes:



Medical and family history review (includes lifestyle assessment)

- Medical and family history review (includes cancer and chronic disease history)
- Medication and immunization review



Personalized physical assessment

- Vision and hearing screening
- Skin, head and neck cancer screening
- Women's health assessment (includes gynecology exam and cancer screening)
- Men's health assessment (includes cancer screening)



Lab and imaging studies

- Musculoskeletal and cardiac imaging (as needed)



Fitness evaluation

- Exercise stress test
- Strength and flexibility testing
- Body fat calculation
- Exercise prescription



Continuous Dietitian and Wellness Support

- Support for nutrition-related conditions, including:
 - Digestive Concerns
 - Diabetes
 - Cardiovascular Disease
 - High Blood Pressure
 - Weight Management
 - Anxiety

- Depression
- Cancer
- Osteoporosis
- Anemia
- Acid Reflux
- Gout
- Hormone Imbalances
- Skin Issues
- Immune Support

- Counseling on nutrition relationships
 - Basic Relationship with Food
 - Basic Relationship with Alcohol
 - Caffeine Overuse
 - Emotional Eating
 - Appetite and Food Taste
- Wellness support
 - Self-Care Recommendations
 - Health Habit Coaching
 - Sleep Hygiene
 - Mindfulness and Meditation Resources
 - Yoga Resources
 - Local Wellness Service Referrals
 - Personal Training Resources
- Nutrition information and skills
 - Meal Content, Balance and Timing
 - Supplement and Diet Quality and Suitability Assessment
 - Nutrition Resources
 - Grocery Shopping, Meal Planning and Preparation
 - Meal Hygiene
 - Proper Hydration



Behavioral and Mental Health

- Evidence-based screening and health psychologist (as needed)
- Health coaching and smoking cessation counseling

How It Works

A half-day commitment results in a clear understanding of overall health and personalized care recommendations for the year ahead!



STEP 1

During pre-visit consultation and nurse intake calls, we discuss existing conditions, family medical history and specific health goals.



STEP 2

Once onsite at our clinic, participants undergo a full health check during a half-day session, including any additional tests recommended by our triage nurse.



STEP 3

We conduct a same-day review of results, including feedback from a doctor, nurse and exercise physiologist.





MEET CLAIRE

Claire came to the Executive Health Physicals team to heal her relationship with her body and her food choices. As a busy HR executive, significant work hours and workplace stressors were taking a toll on her well-being. Meanwhile her existing relationship with her body was impacting her social life.

Our team helped Claire set focused goals, which included losing a few pounds of weight and improving her self-talk. We developed a diet plan and guidance on mindfulness techniques. Each month, we checked in with Claire to track her progress and offer advice and encouragement.

HIGHLIGHTED RESULTS



Improved her relationship with both food and body through positive self-talk and mindfulness



Started weekly yoga practice to combat stress



Achieved her weight loss goal of 5 pounds

Claire has taken full advantage of his company's sponsorship of Executive Health Physicals as a covered employee benefit.

As a result of making small changes in her lifestyle, Claire is feeling more comfortable in her clothes and reports improvements in her social life. She's enjoying meals more and stressing less!

Why Choose Executive Health Physicals



Comprehensive assessment

Our physicals include a comprehensive examination of your medical history and a complete physical exam.



Convenient care

Our doctors perform any necessary tests in one visit, so you can get back to your regular routine. Our secure online portal allows you to contact your care team 24/7, schedule appointments, manage medications and access your medical records.



Access to specialists

As part of Vanderbilt University Medical Center, we can quickly refer you to some of the top specialists in the country for further services, if needed.



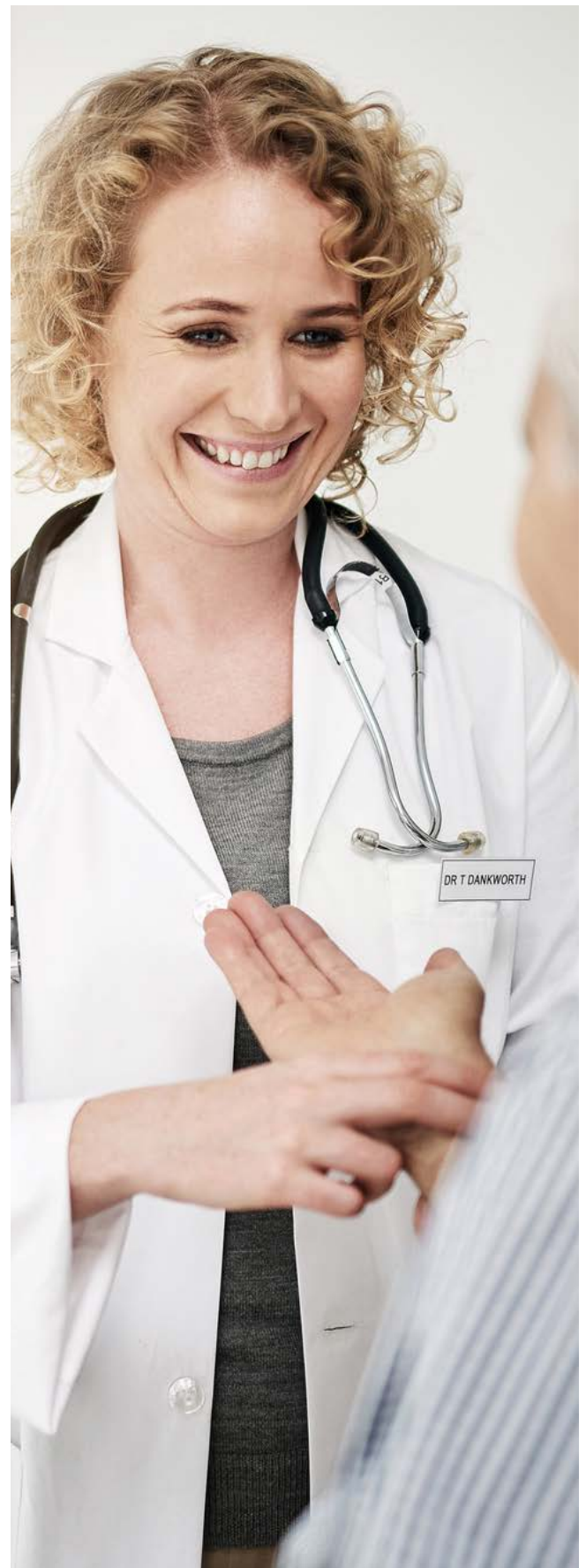
Prompt care

Our doctors are available for immediate appointments, so you can receive high-quality care when you need it most. Our team also offers prompt follow-up care.



Caring, professional doctors

Our doctors spend time with you to ensure you feel comfortable, informed and confident about your health.



Meet Our Care Team

Physicians



Sapna Kripalani, MD

Sapna Kripalani, MD, is an assistant professor of medicine in the Division of General Internal Medicine and Public Health at VUMC. She joined the Vanderbilt Executive Health Physicals team in April 2019.

Dr. Kripalani attended medical school and completed her residency at Emory University School of Medicine. She later joined an Internal Medicine practice in the Atlanta area as a partner and medical director of cardiac rehabilitation and was engaged in patient education seminars aimed at primary and secondary prevention of heart disease.

Since joining the Vanderbilt faculty in 2007, she has been active in patient education efforts through wellness programs, seminars and alternate care-delivery models. Dr. Kripalani has also been involved in efforts to improve patient satisfaction at the medical center and is a recipient of the patient satisfaction award in 2015 and 2018. She is board certified by the ABIM and is a Fellow of the American College of Physicians.



H. Edward Odom, MD

Dr. Odom is an assistant professor of clinical medicine in the Division of General Internal Medicine and Public Health at Vanderbilt Health. He attended medical school at the University of Florida College of Medicine in Gainesville, FL, and completed his residency at Washington University School of Medicine in St. Louis, MO. He served at Sarasota, FL, Memorial Hospital from 1999 to 2009, and has been at Vanderbilt Health since 2009.

Dr. Odom has led various Vanderbilt Health initiatives related to improving coding and documentation, which have enhanced patient safety and care delivery.

As a bonus, by joining the Vanderbilt Executive Health Physicals team led by Medical Director Sapna Kripalani, MD, Dr. Odom has enabled the clinic to increase its Friday appointment availability.



Watch this video

to meet the team at Vanderbilt Executive Health Physicals.

Meet Our Care Team

Clinical Support Staff



Zafer Karabulut, PhD

Zafer Karabulut, PhD, is an exercise physiologist for Vanderbilt Executive Health Physicals. He's also the director of the Exercise Testing Lab. He specializes in exercise testing, electrocardiography and fitness assessment.

Throughout his career, he has tested more than 15,000 executives, professional athletes and patients with a variety of cardiovascular and metabolic diseases.

He seeks to improve health and well-being of his clients through lifestyle changes, including exercise and resistance training. He is certified as a clinical exercise physiologist and personal trainer from the American College of Sports Medicine, and he has an Advanced ECG certification from the American Board of Cardiovascular Medicine.



Michael J. Partipilo, MS, RD, LDN, CHC

Michael Partipilo, MS, RD, LDN, CHC is a registered dietitian, certified health coach and certified exercise physiologist for the Vanderbilt Executive Health Physicals. His passion is to educate patients on diet and nutrition for the prevention and treatment of acute and chronic diseases to optimize their quality of life.

Partipilo received his master's in exercise science from Northeastern Illinois University in 2013. He then completed his dietetic internship at Vanderbilt University Medical Center in 2021. Partipilo has degrees in dietetics and human nutrition from Kansas State University and an English degree from DePaul University in Chicago, Illinois.



Patty Sanicola, RN

Patty Sanicola, RN, is clinical lead for Vanderbilt Executive Health Physicals. She graduated from Broward College Nursing School. She has experience in multiple disciplines ranging from critical care, acute and chronic pain management, home health and hospice.

She is recognized as an RN-4, the highest level of nursing recognized at Vanderbilt. She's a nationally certified health and wellness coach. Her mission is to make sure that each patient has the best and most thorough health care experience possible.



Teresa Roberts, RN

Teresa Roberts, RN, is manager for Vanderbilt Executive Health Physicals and oversees the daily operations of the clinic. A certified health and wellness coach and a tobacco treatment specialist, she has served on the team since 1997. She enjoys working with patients in their health care journey to achieve optimal health.



Traci Carr, RN

Traci Carr, RN, serves as patient care coordinator for Vanderbilt Executive Health Physicals. She coordinates clinic appointments for patients, completes intake calls to collect and update their health history prior to appointments, and helps manage any referrals within Vanderbilt and the Vanderbilt Health Affiliated Network.

Carr graduated from Kennesaw State University Nursing School and is a certified health and wellness coach. She has worked in preventive health since 2011.



MEET ANTHONY

The Executive Health Physicals team partnered with Anthony, a president in the banking industry, to improve his health and well-being.

We started with a comprehensive evaluation that included testing and measurement of fitness-related variables and a comparison of results to age and gender-specific population norms. We determined areas that needed improvement and worked closely with Anthony to set achievable goals. Over the course of his programming, we provided exercises to help him reach his targets and retested him along the way to show improvements over time.

HIGHLIGHTED RESULTS



Losing 46 pounds while cutting his body fat in half (from 30.7% to 14.7%)



Decreasing his resting heart rate from 61 beats/minute to 47



Reducing his waist circumference by 7.9 inches



Increasing cardiovascular endurance (VO2 max) by 33%

Anthony is a true health transformation story. Through his work with Executive Health Physicals, he was able to boost his overall fitness score from 33 (fair) to 82 (excellent).

In addition to improving his health, Anthony enhanced his strength and flexibility as well. He boosted his maximum bench press by 10 pounds and increased his flexibility from 14 inches to 17 inches (a 74% improvement in ranking).

Where to Find Us

302 South Royal Oaks Boulevard

Franklin, TN 37064

(615) 343-1163

Our parking lot is self-service and free to the public.

From the North or Northwest

From Northwest

- Take I-24 E towards Nashville
- Take Exit 44 A to merge onto I-65 S towards Nashville

From North/Continuing from Northwest

- Take I-65 S towards Nashville
- Take exit 65 for TN-96 W/Murfreesboro Rd
- Follow TN-96 W/Murfreesboro Rd and S Royal Oaks Blvd to our clinic

From the South

- Take I-65 N towards Nashville
- Take exit 65 for TN-96 W/Murfreesboro Rd
- Follow TN-96 W/Murfreesboro Rd and S Royal Oaks Blvd to our clinic

From the East or Southeast

From Southeast

- Take I-24 W towards Nashville

From East

- Take I-40 W towards Nashville
- Take Exit 213 A towards Memphis/Chattanooga

Continuing from Southeast/East

- Take Exit 53 to merge onto I-440 W towards Memphis
- Take I-65 S towards Franklin
- Take exit 65 for TN-96 W/Murfreesboro Rd
- Follow TN-96 W/Murfreesboro Rd and S Royal Oaks Blvd to our clinic

From the West

- Take I-40 E towards Nashville
- Take Exit 206 to merge onto I-440 E, towards Knoxville
- Take I-65 S toward Franklin
- Take exit 65 for TN-96 W/Murfreesboro Rd
- Follow TN-96 W/Murfreesboro Rd and S Royal Oaks Blvd to our clinic



Watch this video

to take a virtual walk through the clinic
at Vanderbilt Executive Health Physicals

Ready to Get Started?

Book your pre-visit phone consultation online at **VanderbiltExecutiveHealthPhysicals.com**, or call our clinic at **(615) 343-1163**.

If you're interested in purchasing this service on behalf of your employees, please call (615) 343-9557 or email employersolutions@vumc.org