



# More than an average physical

Sanford Health Executive Health Center  
Redefining Wellness

[sanfordhealth.org](http://sanfordhealth.org)

**SANFORD**<sup>®</sup>  
HEALTH





# Sanford Health Executive Health Center

Your work is demanding, and so is your schedule. When the company relies on your leadership, there are many responsibilities that take all of your energy and attention. Yet you know that taking charge of your health and wellness allows you to be your productive best, both now and in future years.

Sanford Health Executive Health Center has an exclusive program that provides you with the highest quality medical care and offers a schedule that won't interfere with your busy days. We work with you to provide a complete physical examination, preventative screenings and tests in a private, comfortable setting, taking only one business day to meet all of your medical needs.

Sanford Health Executive  
Health Center Physicians  
Sara Ruter, MD;  
Catherine Hajek, MD;  
Eric Larson, MD

# A unique experience


Each appointment is as unique as the individual scheduled for the physical. Sanford Health Executive Health Center offers a comprehensive health assessment based on your individual needs and medical history. Our expert medical staff then plans a day that is individually tailored to you.

A physician will oversee your medical care throughout the day and will have a comprehensive follow-up conference with you upon the completion of your exam. You will have access to leading specialists and complete a lifestyle assessment to identify possible risk and stress factors that could lead to future health problems.

During your day you will be scheduled for immediate access to preventative screenings for early detection of disease. Everything is done in a comfortable, private setting, with no waiting or delays to waste your valuable time.







*“The health and fitness of our staff is critical to the growth and success of our organization. Sanford has been an excellent partner on so many different levels. The Executive Health program, on a personal level, has helped me prioritize my well-being among the various demands on my daily schedule.”*

*- Dana Dykhouse, CEO, First PREMIER Bank*



# On the day of your physical

When you arrive at Sanford USD Medical Center, you will be greeted by our Executive Health Coordinator and escorted to an exclusive executive suite. Together, you will review your agenda and address any questions or concerns you may have about your schedule or medical care. You will receive a detailed report from the day. Upon request all records can be sent to your primary physician.

From approximately 8 a.m., you will begin a day filled with efficiently scheduled tests and consultative visits. After your testing is complete, you will meet with the physician to have a complete physical and review your medical history. The physician will also discuss all test results and make recommendations for any follow-up care that you require. Your day will be completed around 5 p.m.

A light breakfast and lunch will be provided. For your comfort and convenience, we provide most of the apparel you need for your exams and tests. Please bring a T-shirt, exercise shorts and tennis shoes.

# Basic screenings and laboratory tests

Your health assessment at Sanford Health Executive Health Center may include the following:

- Chest X-ray
- Cholesterol panel
  - High density, low density, triglycerides and ratio
- Complete physical examination with physician
- Complete blood count (CBC)
- Comprehensive blood chemistry panel
  - Glucose screening for diabetes
  - Liver profile
  - Renal function (kidney)
  - Thyroid function
- Dermatology skin check
- Exercise treadmill stress test
- Genetic counseling consultation
- Hearing test
- Heart score CT scan
- Mammogram (women age 40 and older)
- Nutrition consultation
- Pap test (women)
- Physical therapy consultation
- Prostate screening (men age 50 and older)
- Screening vascular studies (ABI, Carotid, AAA)
- Spirometry pulmonary function
- Stress management consultation







# Sanford Health

Sanford Health is an integrated health system headquartered in the Dakotas. It is one of the largest health systems in the nation with 43 hospitals and nearly 250 clinics in nine states and three countries. Sanford Health's 27,000 employees, including 1,400 physicians, make it the largest employer in the Dakotas.



# Making an appointment

To schedule an appointment at Sanford Health Executive Health Center, please call (605) 328-7090. To ensure seamless delivery of care, it is recommended that appointments are scheduled a minimum of three to four weeks in advance.

Once an appointment is scheduled, you will receive a letter of confirmation detailing your appointment, as well as forms that need to be completed and returned to the Executive Health Center office. The forms reference your lifestyle, personal health history, and family health history. They assist the physician and staff in planning your schedule for the day of the physical.

Nearly \$1 billion in gifts from philanthropist Denny Sanford have allowed for several initiatives, including global children's clinics, genomic medicine and specialized centers researching cures for type 1 diabetes, breast cancer and other diseases.



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