



SANFORD HEALTH
Executive Health Center Fargo

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Your busy schedule shouldn't keep you from making your health a top priority. Executives, business owners, and entrepreneurs now have a new option for staying healthy. Sanford Health offers complete physical exams along with preventive tests and screenings streamlined to be finished in one day.

Each appointment is tailored to your individual needs and medical history, ensuring your consultation with the physician covers any current health issues as well as possible risk and stress factors that could lead to future health problems.

This unique program is designed to give people peace of mind about their health.

On the day of your physical

We will greet you at the front door and be your guide throughout the day. We will escort you to our private executive suite that will be yours for the day. It includes an office for you to use between appointments and during breaks, lounge, bathroom and shower as well as clinical exam and consultation rooms. This area is completely private and secure for your convenience.

In-depth, one-on-one review with your personal Executive Health physician

After your testing is complete, you will meet with a physician to have a comprehensive physical and a review of your medical history. Your physician will take the time to address all of your questions and any concerns you may have. They will discuss all of your test results and make any necessary recommendations including your medications and immunizations. They will also include a nutrition and fitness consultation, along with healthy lifestyle coaching to enhance a positive work/life balance.

Preventive screenings and laboratory tests

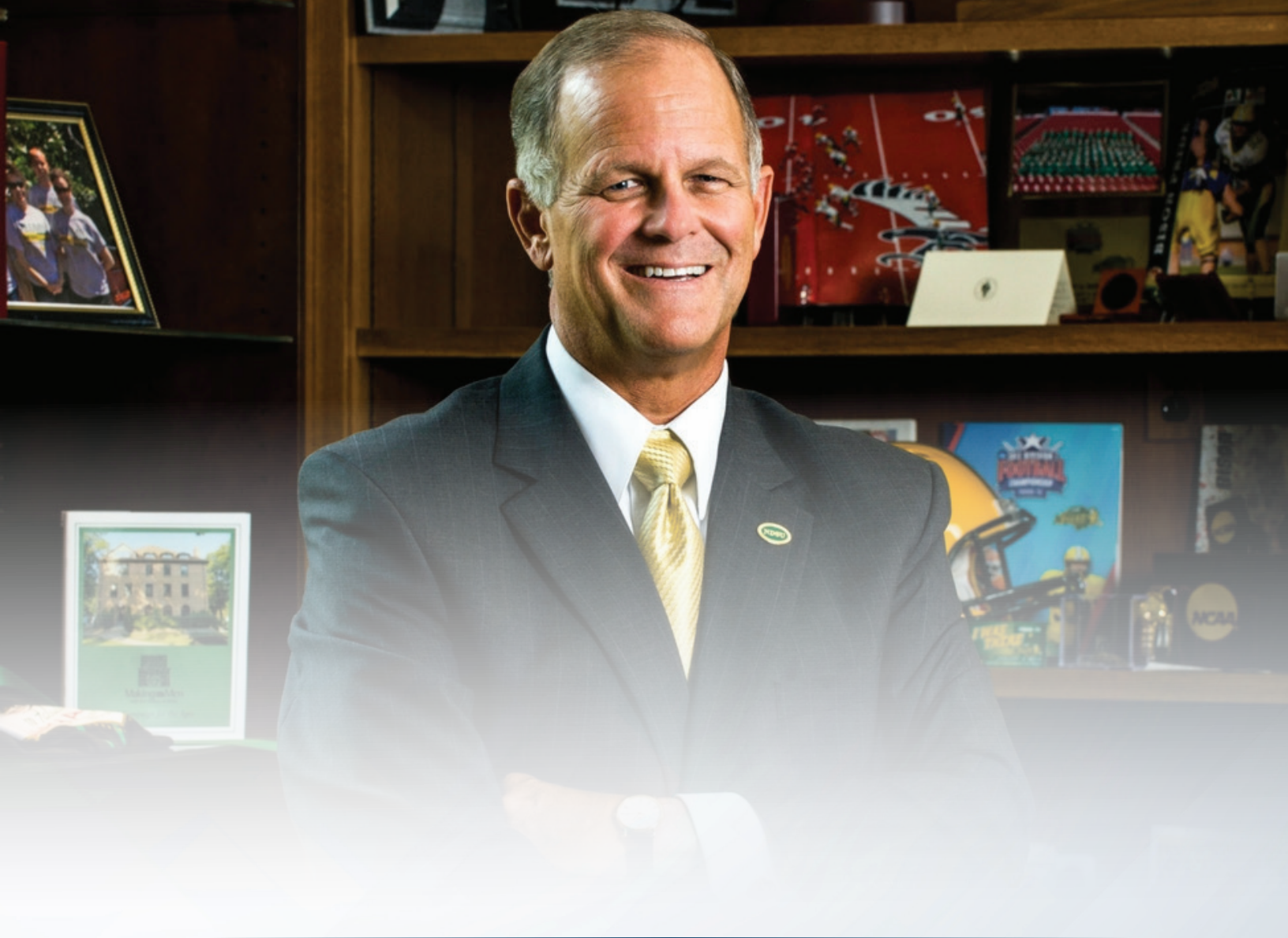
Your health assessment as part of the Executive Health program may include the following:

Labs

- Cholesterol Panel
- Complete blood count and electrolyte panel
- Diabetes screening
- Kidney function and electrolytes
- Liver Panel
- Thyroid function testing
- Vitamin D, B12 and Folate levels
- Iron Studies
- Sanford chip and pharmacogenetics

Tests and Screenings

- Vascular screening, including ultrasounds
- Heart screen, including EKG, heart score CT
- Mammogram (women age 40 and older)
- Pap test
- Prostate screening (men age 50 and older)
- Possible pulmonary function testing
- Genetic screening with genetic counselor
- Thorough skin check
- Integrative Health Consult, Dietitian Consult, and Lifestyle is Medicine Consult



“The care went so far beyond my highest expectation.
I had never experienced that level of attention in my life.”

Dean Bresciani

North Dakota State University President

Client, Sanford Health Executive Health Center



“Prior to scheduling my Executive Physical with the Sanford Executive Health team, I was long overdue for my physical and not exactly sure what to expect. From the time of scheduling through the post visit follow-up, the entire process was so smooth! This experience goes well beyond your typical physical. Having access to screenings not typically performed during a traditional physical gives unique insight into your overall health. Everything from the team you work with to the environment is so welcoming and accommodating. Taking time out of your day is difficult, but considering the value provided during this experience, I know you will not regret it!”

Jordan Ottoson

To schedule an appointment at Sanford Health Executive Health Center in Fargo, please call (701) 234-4350.

To ensure seamless deliver 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 brochures explaining the testing and procedures. For those on Sanford My Chart, there will be questionnaires that will be sent out for completion prior to your appointment. If you are not currently on Sanford My Chart, we encourage you to sign up. We can assist you with this. There is no cost for this and it will provide you with some of your labs and testing in real time. The questionnaires reference your lifestyle, personal health history, and family health history. They assist the physician and the staff in planning your schedule for the day of the physical.

To learn more, visit sanfordhealth.org.

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