



PROTA CLINIC

# Executive Health Assessment

Prota Clinic's Executive Health Assessment goes above and beyond your typical annual 'check-up'. It is a comprehensive head-to-toe health screening that involves all aspects of your health.



## It will help you:

- Better understand the current state of your health.
- Uncover any potential risks.
- Identify what can be prevented or improved through changes in lifestyle or further medical attention.

We will help you take charge of your health.



# What is an Executive Health Assessment (EHA)?



Our Executive Health Assessment provides a big picture of your health.

We assess the medical issues threatening your health and wellness using a thorough examination, reviewing your medical history, and conducting lab and imaging studies that go well beyond routine physicals.

In addition, your nutrition, physical fitness and lifestyle are evaluated to identify any specific needs, such as prevention and management of injury and disease.



Following your assessment, our health experts will provide a plan designed to help you enhance your lifestyle, develop better health, and improve your quality of life and longevity.

## Our comprehensive Executive Health Assessment

### BEFORE (Getting To Know You)

Prior to coming in for your EHA you will complete a detailed medical questionnaire that helps us learn about your health goals, any previous or current health issues, your lifestyle, and family medical history.

### DURING (Our EHA Consists of Two Visits)

#### 1. Preliminary Testing

This involves an extensive panel of lab tests and other investigations including body composition analysis, EKG tracing, ultrasound scans (abdominal, vascular, pelvic for females, and trans-abdominal scan of the prostate for males) and X-ray imaging. This process takes less than two hours and is completed prior to your second visit.

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## 2. The Executive Health Assessment

Our EHA involves a detailed review of your medical history, discussion of preliminary test results and a thorough physical examination with a physician. The day also includes comprehensive assessments with a physiotherapist and a registered dietitian. This process takes six to eight hours.

All female clients also undergo a thorough woman's health screening process with a female physician.

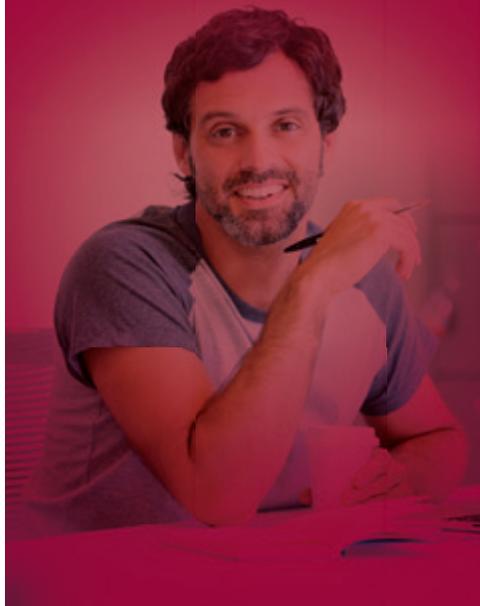
### **AFTER (Follow Up and Ongoing Support)**

Following your EHA, our team creates a personalized report to help you take charge of your health. This report includes all of your test results, findings, and detailed summaries of your assessments.

Recommendations are made to address your health risk factors and assist you in making important lifestyle changes. Referrals to specialists may also be part of the follow up process if deemed necessary.

## An Executive Health Assessment is for you if you are:

- Interested in taking a preventative and proactive approach to your health
- Concerned with aspects of your current health
- Someone with a family medical history which raises flags for potential health issues
- A business that wants your employees and executives to be proactive about their health and wellness





## Prota Clinic Services

We offer exceptional care and a comprehensive list of uninsured health services:

- Ultrasound Scans
- Echocardiograms
- Vein Treatments
- Physiotherapy
- Nutrition Counseling
- Cosmetic Laser Procedures
- Executive Health Assessments
- Massage Therapy

Prota Clinic is the first private medical facility of its kind in Manitoba.

We provide a wide array of first-class health and wellness services using state-of-the-art equipment in a clean, quiet, comfortable and beautifully appointed setting.

Our team of experienced physicians provide an exceptional, detailed assessment of your health. We are focused on giving you the peace of mind you need.

We give your health the time and attention it deserves.

For more information about our services, visit us at [www.protaclinic.ca](http://www.protaclinic.ca)

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