



IAME & Executive Medicine member benefits offer

Full one-and-a-half-hour medical assessment including:

- A comprehensive health and lifestyle report.
- Complete ongoing medical management in the form of follow-up appointments with our Medical and/or Allied Health Practitioners, referral letters to specialists and prescriptions**.
- Agreed upon health improvement goals for 12 months with monitoring / coaching checkpoints throughout the year set by the doctor and / or exercise physiologist.

Diagnostics included in the assessment:

The Coronary Risk and Heart Evaluation:

Resting ECG and exercise stress test to assess cardiorespiratory fitness, blood pressure response to exercise, look for evidence of coronary artery disease and cardiac rhythm disturbances.

Biometrics - height, weight, waist/hip ratio, blood pressure and resting heart rate.

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The Exercise Physiology Review:

Nutrition evaluation focusing on the Mediterranean diet.

Exercise analysis and prescription via our highly experienced Exercise Physiologist.

Injury risk analysis and prevention techniques.

Body Composition Analysis - Tanita:**

Metabolic age. Body fat analysis. Visceral fat. BMI analysis. Body water analysis. Muscle mass index. Bone mass analysis.

Sarcopenic index (measure of muscle ageing).

The Medical Examination:

Examination - cardiovascular, respiratory, abdominal and genitourinary system, neurology and ENT exam.

Prostate check for men. Breast check and Pap smear for women.

Skin check (dermatoscopy) for melanoma and skin cancers.

Referrals (as indicated) for cardiac CT imaging and MRIs, provided during the appointment, with **heavily discounted specialist rates****.

Stress & Mental Health:

Analysis using a variety of questionnaires and interview, coaching, monitoring and referral if indicated.



Pathology (blood and urine testing):

- Blood biochemistry
- Full blood count
- Liver function
- Kidney function
- Full lipid profile (cholesterol, HDL, LDL, triglycerides)
- Blood glucose
- Uric acid
- Urinalysis
- Prostate Specific Antigen (men over 40)
- Thyroid Hormone

Investment: \$950

Part of this is claimable from Medicare with a GP referral^{**}).

Please advise your member number for a **free Hearing assessment** to be included^{**}.

**** Sydney only**

To book your appointment please phone us on 02 9290 3259.

Or email: reception@executivemedicine.com.au

For more information please visit our website

<https://www.executivemedicine.com.au/>