

Executive Physicals

Item	Description	WellcomeMD Premier Physical	WellcomeMD Advanced Physical
Physician assesement	Time spent one-on-one with the physician	7.5 hours (3 with a physician)	5 hours (2 with a physician)
Genetic Fitness, Stress, & Nutrition Testing	Actionable report assessing 70 specific genes for fitness and nutrition	✓	✓
Blood Labs Panel	Blood labs panel including testing for heart health baseline and inflammatory markers PLUS: cardiac stress assessment, autoimmune assessment, hormone health assessment, metabolic blood cell assessment, thyroid health assessment and gut health assessment	✓	✓
Imaging*	Imaging includes: coronary calcium scan, carotid ultrasound, abdominal ultrasound, and ultrasound of peripheral artery in arms and legs	✓	✓
Body Composition Analysis	Advanced analysis with InBody 570, including visceral fat levels around the organs, segmental fat analysis and body water ratios	✓	✓
Private Physician Lunch	1-hour private lunch with your physician	✓	✓
Printed Report with Goals and Recommendations		✓	✓
Food Sensitivity Assessment	Testing to uncover hidden causes of digestive issues and inflammation	✓	
Customizable Options	Stress assessment, additional imaging choices (CT of the chest, 3D mammogram, DEXA scan, chest X-ray)	✓	
Primary Care Membership with Quarterly Follow-Ups Option	Continuity of care focused on personalized, preventative medicine. Membership is offered for a 50% discount if you sign up after an Executive physical is performed.	✓	✓

*Based on patient history, CT scan or three ultrasounds will be performed.