

good health is the cornerstone of a...  
fulfilling life



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Your personal health experience is about to be transformed from the routine, data-gathering physical examination into a more valuable and meaningful form of personal enlightenment – the Cleveland Clinic-Canyon Ranch Executive Health Program.

Two of the most respected names in health and wellness – **Canyon Ranch and Cleveland Clinic** – are uniting the diagnostic and treatment expertise of one of the nation’s leading medical institutions with the preventive wellness approach pioneered by Canyon Ranch and its practitioners. The result: A revolutionized approach to your complete wellness.

The Cleveland Clinic-Canyon Ranch Executive Health team is pleased to bring you a comprehensive array of leading-edge health care, from evaluation and treatment, to advanced preventive strategies and continuous health improvement. Our programs are completely focused on you and your unique concerns. You’ll find out more than how you are – you’ll gain the critical information you need to avoid illness and continually improve your health.

change your

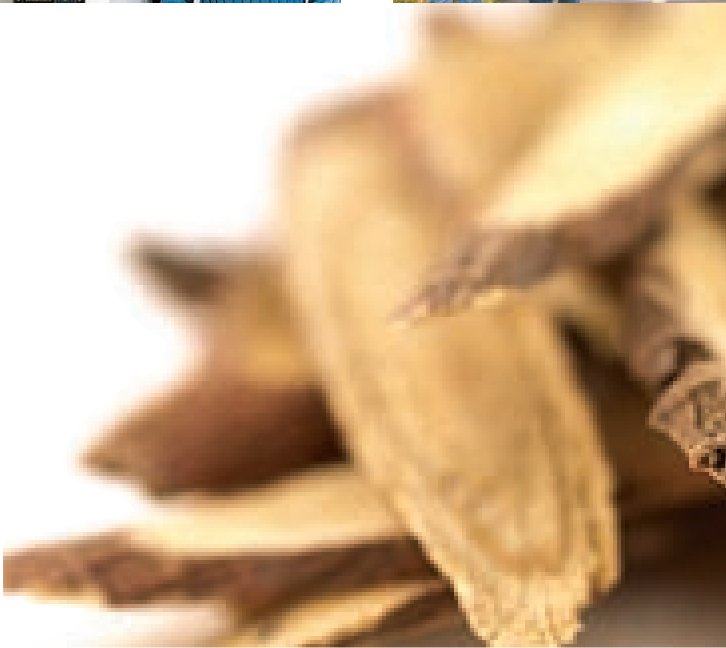
# life

Your experience will begin in the nurturing environments of Cleveland Clinic and Canyon Ranch – your wellness story will be revealed and you will begin to take control of your well-being. Here diagnostic expertise, preventive medicine and wellness services converge to assess, address and optimize your health.

While early disease detection and modern treatments are important components of good health, proactive evaluation and prevention are our specialities and your key to living life to the fullest. Our professionals are trained to search for underlying causes of health concerns – and for potential problems – and can help you understand and address them in the context of your daily life.



Your health will be the center of attention throughout your stay at Cleveland Clinic or Canyon Ranch. In addition to performing traditional physical evaluation and testing, our top medical experts and wellness specialists will listen and learn about your needs and offer customized advice. You will have the medical experience you've always wished you could have.





## medical leadership meets world-class wellness

No other program can match this dynamic combination of medical expertise and comprehensive lifestyle management. That's because no pairing is as unique or organic as that of Cleveland Clinic and Canyon Ranch. Cleveland Clinic is ranked No. 1 in America for cardiac care, and is ranked as one of America's four best hospitals overall. (*U.S. News & World Report*). Canyon Ranch, a name synonymous with inspiration and motivation, is recognized as a pioneer in integrative, preventive health and lifestyle management. Both partners are innovators in their fields. Through the Executive Health Program, we merge the very best of traditional medicine with the latest trends in integrative wellness:

Whether you come to Cleveland Clinic in Cleveland, Ohio, or to either of Canyon Ranch's resorts in Tucson, Ariz., or Lenox, Mass., you will have the full attention of dedicated physicians and other health professionals, including experts in nutrition, exercise physiology, stress management and integrative wellness. At any of these three locations you'll have access to the clinical and diagnostic expertise of one of America's leading medical centers, plus the support of the most skilled and knowledgeable wellness services available.

Your personal physician will lead an integrative team of health professionals to assess your specific needs, and they will work with you to develop a customized Lifestyle Prescription designed to optimize your health.

## The Executive Health Experience

The Cleveland Clinic-Canyon Ranch Executive Health Program offers an all-encompassing, personalized approach to health and well-being. We take the traditional executive physical examination and expand it to include a full spectrum of health and wellness-enhancement opportunities.

### You'll receive

- A comprehensive clinical evaluation by a physician that's focused on identifying and eliminating health problems and reducing health risks
- A thorough discussion with the physician about your personalized path to well-being
- Nurturing life-improvement experiences designed to optimize your quality of life and increase your sense of well-being, such as nutrition guidance, a customized exercise plan and stress-reduction training
- Integrative healing modalities that will nourish your mind and body.



### After the program you'll receive

- A comprehensive report on the results of your tests and examinations
- A detailed personal action plan – our “Lifestyle Prescription” – for your optimal health.

Most importantly, your physician and other members of your team will be available for future annual examinations. Through the Executive Health Program, you can develop a rapport with health experts who have a clear picture of your health status, and who understand your needs and goals.



# your comprehensive health profile

*Cleveland Clinic-Canyon Ranch Executive Health Program will be individually tailored for you and may include the following:*

- Head-to-toe assessment of your overall physical health
- Screening and risk assessment for heart and cardiovascular disease, using blood tests and scans to determine the risk or extent of heart disease
- Vascular imaging to evaluate risk of stroke or aneurysm
- Vision screening, audiometry testing and lung function tests
- Screening and risk-assessment for common cancers, including colorectal, prostate (for men) and breast (for women)
- Full laboratory studies necessary to obtain a complete profile of major organ systems
- Exercise and fitness assessment
- Dietary assessment with a nutritionist who will provide nutrition recommendations and help you establish healthy eating habits to last a lifetime
- Advice to help you manage your response to stress and personal coaching focused on achieving life balance.

In addition, a full body scan, consultation with a dentist, carotid artery ultrasound, calcium-score heart screening, or CT of the lungs, abdomen or pelvis, can be added to the comprehensive examination at additional cost.  
*(Additional evaluations may require an extended stay.)*





## *A Healthier Future is in Your Hands*

The prescription for a more enjoyable, joyful and meaningful life begins with a visit to the Cleveland Clinic-Canyon Ranch Executive Health Program.

To make an appointment for the

**Executive Health Program at Cleveland Clinic**, please call 800.223.2273, ext. 45707, or 216.444.5707.

*International patients may make an appointment through the International Center at 216.444.6404.*

To make a reservation for the

Executive Health program at either **Canyon Ranch** resort, please call 800.742.9000

*Outside the United States, please call collect 520.749.9000, ext. 4452.*

*Reservations must be made at least four weeks in advance of your arrival date.*



9500 Euclid Avenue, Cleveland, OH 44195

The Cleveland Clinic Foundation is an independent, not-for-profit, multispecialty academic medical center. It is dedicated to providing quality specialized care and includes an outpatient clinic, a hospital with more than 1,000 available beds, an education division and a research institute.

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## CANYON RANCH.

canyonranch.com 800.742.9000

Canyon Ranch has been offering healthy, active vacations for over 25 years. The life enhancement company has two destination health resorts – the original opened in Tucson, Ariz., in 1979 and a second in Lenox, Mass., in 1989. Canyon Ranch also operates three Canyon Ranch SpaClub fitness, spa and wellness facilities, which are located in Las Vegas, Orlando and on board the Queen Mary 2 luxury ocean liner and in 2007 will open the first Canyon Ranch Living residential community in Miami Beach.

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