

# EXECUTIVE HEALTH PROGRAM



AMERICAN UNIVERSITY of BEIRUT MEDICAL CENTER  
المركز الطبي في الجامعة الأمريكية في بيروت

Our lives are dedicated to yours





THE EXECUTIVE HEALTH PROGRAM (EHP) AT AUBMC OFFERS COMPREHENSIVE, EVIDENCE-BASED HEALTH PACKAGES TAILORED TO MANAGERS, AS WELL AS BUSY EXECUTIVES AND THEIR FAMILY MEMBERS. THE PROGRAM ENTAILS A PERSONALIZED AND PREVENTATIVE HEAD-TO-TOE MEDICAL EXAMINATION ALONG WITH LIFESTYLE ASSESSMENT. IT IS PRESCHEDULED AND IMPLEMENTED OVER A ONE-NIGHT STAY IN A PRIVATE, LUXURIOUS, AND COMFORTABLE SETTING.

The packages are customized to your medical profile and history. They may include all the following:

- Complete blood studies
- Cardiac health evaluation, including EKG, stress echocardiography, CT calcium score
- Pulmonary health evaluation, including spirometry
- Bone densitometry test
- Colonoscopy
- For females: Papanicolaou test Pap smear, mammography
- For males: Prostate-Specific Antigen (PSA) diagnostic blood test

## Additional services

The below services can be provided at additional cost either upon your request or based on your medical need:

- Positron emission tomography (PET) scan
- Dental consultations
- Diet and nutrition counseling
- Smoking cessation
- Life coaching sessions
- Cosmetic surgery
- Laser vision correction



# What to expect?

## **The Executive Health Program at AUBMC focuses on:**

- Preventing and detecting serious conditions such as heart disease and cancer at an early stage
- Identifying lifestyle and hereditary factors that may impact health
- Enhancing lifestyle and modifying harmful risk factors
- Ensuring health stability and peace of mind

## **The EHP at AUBMC offers its visiting executives**

- High-quality standards
- Evidence-based medical packages
- Convenience and efficiency
- A comfortable and attractive setting
- Travel assistance

## **High Quality Standards**

- Comprehensive health assessment packages based on age, gender, potential risk factors, family and past medical history
- In-depth personalized medical examination
- Experienced specialists trained in top US and European medical institutions
- State-of-the-art diagnostic medical technologies

## **Convenience and Efficiency**

- Simplified scheduling and billing
- Prescheduled examinations, screening, and consultations
- Ample discussion of results with physician
- Summary report stating results and recommendations

### **Comfortable and Attractive Setting**

- Luxurious suites
- Internet services
- Guaranteed privacy and confidentiality

### **Travel Assistance**

- Hotel reservations
- Airport and inland transportation



For more information and appointments, please contact:  
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