



Executive Health Program

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

Our lives are dedicated to yours

Executive Health Program

The Executive Health Program is one of the services provided by AUBMC. It offers comprehensive health packages tailored to managers with stressful and demanding careers, as well as busy executives and their family members.

The Program focuses on:

- Identifying lifestyle and hereditary factors that may impact health
- Prevention and early detection of serious conditions such as heart disease and cancer
- Lifestyle enhancement and modification of harmful risk factors
- Ensuring health stability and peace of mind

The Program offers comprehensive, personalized, and preventative head-to-toe medical examination and lifestyle assessment, prescheduled and implemented over a two-day stay in a private, luxurious, and comfortable setting.

We also provide our executives and their accompanying parties with travel assistance and information on leisure activities in Lebanon.

High-quality Standards

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

Convenience and Efficiency

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

Comfortable and Attractive Setting

- Luxurious suites
- Free fax
- Internet services
- Privacy and confidentiality guaranteed

Travel Assistance

- Hotel reservations
- Airport and inland transportation
- Leisure activities and tour arrangements

Ambulatory Check-up (Outpatient)

This service is divided according to age stratification and gender.

1- Male Packages

1-1- Age Group: Less than 40 years

This package includes:

- 1- Comprehensive basic screening profiles and procedures
 - Complete Blood Count, ESR, Lipid Profile, Liver Function, Kidney Function, Fasting Glucose, Uric Acid, Vit D3 25 (OH), Urinalysis, Stool microscopy and Occult Blood, Hepatitis Profile
 - Cardiac Risk Assessment: Resting EKG
 - Pulmonary Assessment: Chest X-Ray
- 2- Discussion of results with your physician and a summary report on results and recommendations in a follow-up visit

1-2- Age Group: Between 40 - 49 years

This package includes all the items mentioned above, plus:

- 1- PSA dosage in the blood for the screening of prostate cancer
- 2- EKG treadmill for the assessment of cardiac function

1-3- Age Group: More than 50 years

This package includes all the items mentioned above, plus:

- 1- TSH blood test for the evaluation of thyroid function
- 2- Calcium and Magnesium Levels
- 3- Coronary CT scan with calcium score/Thallium scan for evaluation of heart coronaries





2- Female Packages

2-1- Age Group: Less than 40 years

This package includes:

- 1- In-depth physical examination and discussion of your overall health, lifestyle habits, personal and family medical history
- 2- Comprehensive basic screening profiles and procedures:
 - Complete Blood Count, ESR, Lipid Profile, Liver Function, Kidney Function, Fasting Glucose, Uric Acid, Vit D3 25 (OH), Urinalysis, Stool Microscopy and Occult Blood, Hepatitis Profile
 - Cardiac Risk Assessment: Resting EKG
 - Pulmonary Assessment: Chest X-Ray
 - Mammography with a Gynecology Exam
- 3- Discussion of results with your physician and a summary report on results and recommendations in a follow-up visit

2-2- Age Group: Between 40 - 49 years

This package includes the same items mentioned above, plus:

- 1- EKG treadmill for the assessment of cardiac function

2-3- Age Group: More than 50 years

This package includes all items mentioned above, plus:

- 1- TSH blood test for the evaluation of thyroid function
- 2- Calcium and Magnesium Levels
- 3- Coronary CT scan with calcium score/thallium scan for evaluation of heart coronaries
- 4- Bone densitometry for the evaluation of osteoporosis

Inpatient Check-Up

The standard inpatient program for male executives based on their age bracket includes the following:

- In-depth physical examination and discussion of your overall health, lifestyle habits, personal and family medical history
- Comprehensive basic screening profiles and procedures:
 - Complete Blood Count
 - ESR
 - Lipid Profile
 - Liver Function
 - Kidney Function
 - Fasting Glucose
 - Uric Acid
 - Blood Electrolytes and Minerals
 - Vit D3 25 (OH)
 - Urinalysis
 - Stool Microscopy and Occult Blood
 - Hepatitis Profile
 - PSA
 - TSH
 - Bone Densitometry, Mammography and Gynecology Exam including Pap smear (for women)
 - Cardiac Risk Assessment: CRP Quantitative, Resting EKG, EKG treadmill or Thallium Scan
 - Pulmonary Assessment: Chest X-Ray, Spirometry
 - Hearing Assessment: Audiogram
 - Colonoscopy
 - Visual Assessment: Tonometry
 - Nutritional Counseling
- Discussion of results with your physician and a summary report on results and recommendations
- One-night stay in the Executive Suite
- Use of Executive Suite computer and internet access

Additional Medical Services

- Additional consultation
- Cosmetic surgery
- Oral health evaluation and dental screening
- Laser vision correction
- Smoking cessation program
- Physical therapy: Spine and fitness counseling
- Diet and nutrition counseling

Payment Information

Payment is expected at the time of admission. The medical center accepts personal checks or credit cards (American Express, Visa, MasterCard) or cash.

Your approval of the above will be requested to schedule your visit and proceed accordingly.

The EHP at AUBMC offers its visiting executives:

- High-quality standards
- Convenience and efficiency
- A comfortable and attractive setting
- Travel assistance

EHP website: <http://staff.aub.edu.lb/~webehtc>

For more information and appointments, please contact:

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