

elitro  health™

MANHATTAN CENTER FOR LIFE AND LONGEVITY

255 GREENWICH STREET  
NEW YORK, NY 10007  
888-202-0128 | [elitrahealth.com](http://elitrahealth.com)



WORLD-CLASS EXECUTIVE HEALTH



# THE ELITRA EXAM IS THE FINEST MEDICAL EXAM IN THE WORLD.

Successful businesses understand the importance of stable C-suite leadership. The health of their executives carries a greater valuation than any corporate asset. Today, Elitra Health offers services and programs in line with this corporate tenet including one of the most comprehensive and luxurious executive physical exams available - the Elitra Exam.

## HEALTHY LEADERSHIP IS GOOD BUSINESS.

Unlike other executive health examinations, the Elitra Exam provides individually personalized medical care in a luxury setting of world-class medicine and white glove, spa-like service. And the Elitra Exam is efficient. Your executives receive extensive medical diagnostics during a single 5-7 hour visit within a world-class medical facility conveniently located in the heart of Lower Manhattan and finish their day with a comprehensive medical report in hand.

For your executives, the Elitra Exam means greater control of their medical needs and choices. For your business, it means protection of your company's greatest assets. Through continuous research, evolving technologies and evolving healthcare practices, we continue to lead the revolution of proactive preventative medicine with one simple mission: to keep you **Well Above All**.



ANTHONY BAGLIO | MANAGING DIRECTOR-REVENUE

# THERE IS A REASON THIS IS THE WORLD'S FINEST MEDICAL EXAM.

ACTUALLY, A LONG LIST OF REASONS.

**THE ELITRA EXAM** | From the moment your executives arrive and check in with an Elitra Health host, they will realize The Elitra Exam is a completely different level of personalized medicine. The following is an at-a-glance view of what patients can expect during their visit.

**1 - WELCOME** | One of our friendly hosts will greet the patient in the lobby, review all paperwork, help them check in and preview their schedule for the day.

**2 - LOUNGE AND CHANGING SUITE** | Their host will escort them to the changing suite and give them the chance to settle in.

**3 - BLOOD WORK** | We will begin their blood work right away to minimize the time they need to fast, and to ensure same-day results from our on-site lab.

**4 - BREAKING FAST** | Following their blood draw, they will be able to relax and recharge with a light meal.

**5 - IMAGING** | Once they have finished breakfast, the patient will be escorted to our radiology suite for full-body imaging. Our technologically advanced suite provides a variety of radiology modalities including CT Scan, Mammography, X-ray and DEXA bone densitometry.

**6 - PHYSICAL EXAM** | Their designated physician will review their detailed medical history and perform a comprehensive head-to-toe physical exam.

**7 - SKIN CANCER AND DERMATOLOGY SCREENING** | The physician will first discuss any possible skin changes with the patient, then conduct a thorough skin examination scanning for possible indicators of skin cancer or other problematic skin conditions such as eczema, rosacea or dermatitis.







## THE ELITRA EXAM (CONTINUED)

**8 - STANDARD SCREENING AND TESTING** | Physician-recommended screenings and tests are then conducted; these typically include Audio and Vision screening including Glaucoma testing, Pulmonary Function, and checking your vitals.

**9 - CARDIAC STRESS TEST** | One of our technicians will escort them to our cardiac suite where they will receive both a resting and active electrocardiogram (EKG) as well as a complete cardiac stress test.

**10 - COGNITIVE/NEUROLOGICAL ASSESSMENT** | A physician will conduct a complete cognitive assessment, and provide a detailed report and plan for optimal brain health.

**11 - NUTRITION COUNSELING** | A registered dietician will analyze their diet, prepare a personalized nutrition plan and discuss diet recommendations during their consultation.

**12 - FITNESS/PHYSICAL ASSESSMENT** | An exercise physiologist will conduct a comprehensive flexibility, strength and cardiovascular assessment, create a customized exercise and fitness program, then demonstrate and practice each exercise with the patient.

**13 - RELAXATION** | Following their Fitness/Physical Assessment, they will have the opportunity to relax with a therapeutic massage.

**14 - CONSULTATION AND DISCUSSION** | Upon completion of individual exams and screenings, the physician and clinical team members will consult with each other, discuss their findings and determine recommendations. The physician will then discuss the results and recommendations and answer any questions the patient may have.

**15 - REPORTING AND FOLLOW-UP** | They will leave their visit with a detailed written report, and recommendations will be sent to them and (with their consent) to their primary care physician.





HUGH NETTELFIELD | ARCHITECT



## ADDITIONAL SERVICES. TAILORED CARE.

The Elitra Exam provides our patients with a comprehensive physical exam and results before they leave for the day. In addition, specialty tests and examinations are available on-site to address specific concerns and provide even greater insights and peace of mind.

### ADDITIONAL IMAGING

- CT Heart Scan + Calcium Score
- CT Upper Body Scan
- CT Angiogram
- Virtual Colonoscopy
- Digital X-ray
- Mammogram
- Carotid Ultrasound
- Abdominal Ultrasound

### ADVANCED LAB OPTIONS

- Food Sensitivity
- STD + HIV Panel
- Sex & Energy Panel
- Advanced Lipid Profile
- Blood Type
- Hepatitis Panel
- Mercury Blood Testing

### VACCINES

- Influenza
- TDAP
- Pneumovax
- Hepatitis A
- Shingles

### ADDITIONAL TESTING OPTIONS

- Resting Metabolic Rate
- At Home-Sleep Apnea Test
- Weight Loss Health Coaching

### WOMEN'S HEALTH

- Pap Smear, HPV Test and Mammogram

### GENETIC/DNA TESTING

- Hereditary Cancer Screen
- PathwayFit (Diet, Nutrition and Exercise)







AVRAM NEMETZ, MD | MEDICAL DIRECTOR





## ELITRA 24/7 CONCIERGE PROGRAM.

Today, Elitra Health is not only redefining the annual physical exam, it is reshaping the concept of concierge medicine. For patients seeking an even greater level of care, the Elitra 24/7 Concierge program offers the most exclusive white glove, white coat, concierge, primary care in New York City.

- 24/7 access to the Platinum care team, including your personal physician
- Same-day or next-day appointments
- The Elitra Exam
- A customized wellness plan, covering nutrition, relaxation and stress management, exercise, and lifestyle
- Diagnosis and management of ongoing medical conditions
- Personalized referrals to recommended specialists
- Assistance with hospital admission and scheduling specialists' appointments
- In-house immunizations
- Travel consultation medicine



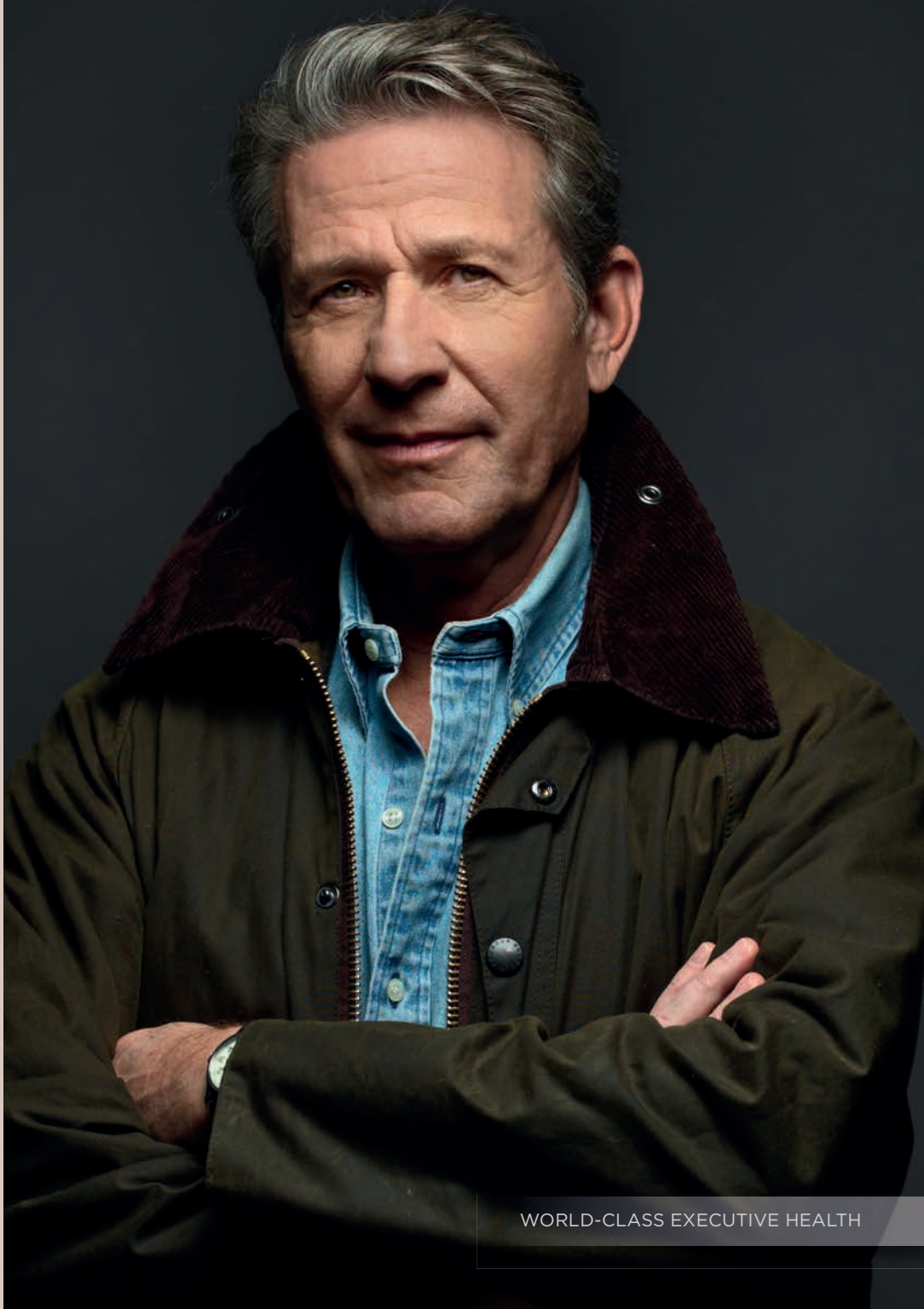
## ELITRA HEALTH. YOUR PARTNER IN CHOOSING A BETTER LIFE.

Led by renowned physician and medical director, Avram Nemetz, MD, the Elitra Health team is composed of pioneers and innovators of preventative medicine who have positively affected the lives of countless patients and their families. For more than 30 years, the founders of Elitra Health have empowered more than 200,000 patients to take control of their health through early detection of chronic illness and disease. And our patients have benefited from recommendations to improve their health, referrals to trusted specialists, and potentially lifesaving diagnoses.

Additionally, Elitra Health has an exclusive alliance with Mount Sinai Hospital which allows our physicians to work hand-in-hand with their team, providing our patients priority scheduling and access to their top specialists.

**CONTACT AN ELITRA HEALTH CONCIERGE FOR DETAILS.  
888.202.0128 | [info@elitrahealth.com](mailto:info@elitrahealth.com)**

For the most complete analysis of your executives' health and well-being, contact us today. One of our Account Executives will be happy to discuss our corporate program with you and answer any questions you may have regarding Elitra Health and our exclusive Elitra Exam.



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