

elitro  health™

MANHATTAN CENTER FOR LIFE AND LONGEVITY

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



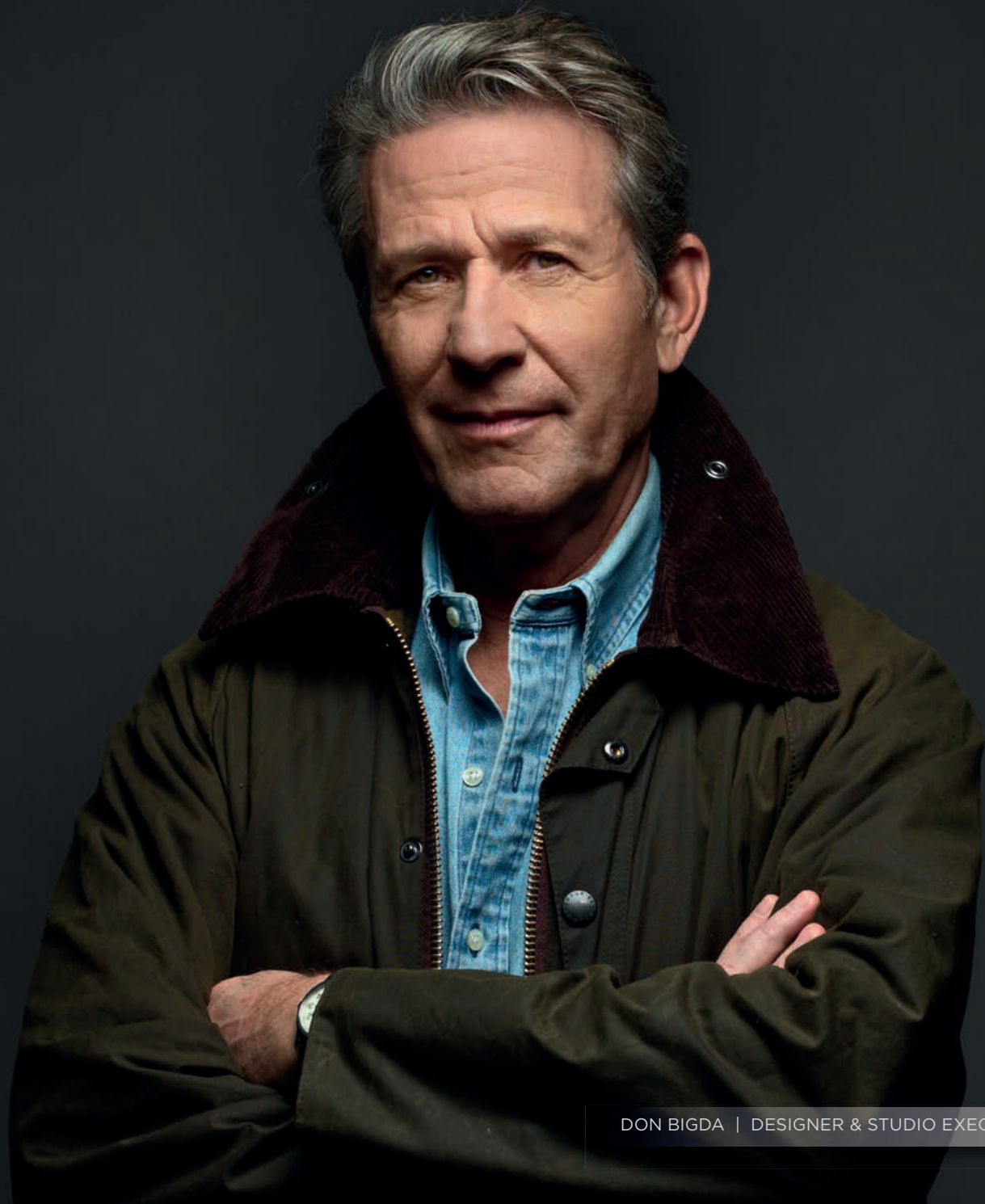
# THE ELITRA EXAM IS THE FINEST MEDICAL EXAM IN THE WORLD.

Successful individuals understand the importance of establishing and maintaining a healthy lifestyle. Your health is your most valuable possession. Today, Elitra Health offers services and programs in line with these personal values including one of the most comprehensive personal physical exams available - the Elitra Exam.

## ELITRA HEALTH PROVIDES THE ULTIMATE IN UPSCALE LUXURY, PREVENTATIVE MEDICAL CARE AND PEACE OF MIND

The Elitra Exam will provide you with an extensive early detection comprehensive physical exam within a luxury setting of world-class concierge medicine. You will receive a complete full body checkup during a single 5-7 hour visit. Your exam will be conducted by our team of preventative care physicians within a world-class medical facility. And you will leave with a comprehensive medical report in hand. Plus, your personal concierge will help schedule any additional specialist visits if necessary utilizing our exclusive clinical alliance with Mount Sinai.

Conveniently located in the heart of Lower Manhattan, you will find that Elitra Health presents the unparalleled integration of world-class medical expertise within a luxury spa-like facility. 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**.



DON BIGDA | DESIGNER & STUDIO EXECUTIVE

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

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

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

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

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

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

**5 - IMAGING** | Once you have finished breakfast, you 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 bone densitometry.

**6 - PHYSICAL EXAM** | Your designated Board-certified physician will review your detailed medical history and perform a comprehensive head-to-toe physical exam.

**7 - SKIN CANCER AND DERMATOLOGY SCREENING** | The physician will conduct a thorough skin examination scanning for all 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 you to our cardiac suite where you 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 your diet, prepare a personalized nutrition plan and discuss diet recommendations during your 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 you.

**13 - RELAXATION** | Following your Fitness/Physical Assessment, you 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 you may have.

**15 - REPORTING AND FOLLOW-UP** | You will leave your visit with a comprehensive written report, and recommendations will be sent to you and (with your consent) to your primary care physician. Through a clinical alliance with Mount Sinai Hospital, our patients are given priority scheduling and special access to top specialists in the event that follow-up is needed.





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



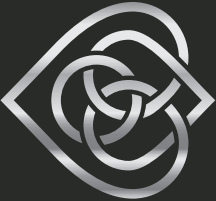
ELITRA HEALTH.  
YOUR PARTNER IN CHOOSING  
A BETTER LIFE.

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 health and well-being, contact us today. One of our Account Executives will be happy to help you schedule your appointments, and answer any questions you may have regarding Elitra Health and our exclusive Elitra Exam.

elitra  health™

MANHATTAN CENTER FOR LIFE AND LONGEVITY

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

