

Kevin P. Sinai DO
Board Certified



PERSONALIZED HEALTHCARE

Exceptional, Personalized HealthCare Where the Focus is on YOU!™

*Physical Comparisons**

by Kevin P. Sinai DO

* based on data as of July 2011

www.KP.SinaiDO.com

PH: (702) - 444-7000

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MAYO CLINIC

Executive Health Program

The examination usually involves two sessions, although the 2nd session can be accommodated by phone. The first session usually lasts about 3 hours and includes:

- An interview, review of medical history and full examination all by our EHP physicians.
- Comprehensive laboratory tests including state of the art coronary risk factor markers.
- Cardiac treadmill stress test if indicated/appropriate radiology exams as indicated.
- Lung function, vision and hearing evaluations. Body composition analysis by DXA technology.

The second session involves a private (phone or office) consultation with the examining physician to review all test results. This meeting usually lasts 45 minutes to one hour.

In addition, a thorough summary letter with recommendations, including copies of all results is sent to each patient. Referrals to specialists for additional procedures or consultations are happily arranged by our EHP staff. Findings may be forwarded to the patient's private physician with the signed consent of the patient. Upon completion, we return the patient to his/her care with recommendations for follow-ups as necessary. In the absence of a primary care physician or at the individual's request, we can make referrals to carefully selected internists or specialists.

Baseline physical - \$4000

W/colonoscopy - \$7500-\$8000

CENTER FOR PARTNERSHIP MEDICINE AT NORTHWESTERN HOSPITAL

Includes labs, stress test, exercise physiology consult, hearing and eye exam

Meet w/ doc plus 1 -2 specialists during day, dep. on health hx

Day ends w/ discussion and creation of "Life Plan"

Has gold and platinum programs – platinum programs includes 4 in-home visits w/ personal trainer, etc.

Also has Program 24/7 (concierge access to physician) non-reimbursable **Executive Service Fee** on the day of care in the amount of **\$2,500 for the Gold program** (*inc. stress test, no colonoscopy*) and **\$3,800 for the Platinum program**. Please note that for both programs specialists and additional diagnostic testing that are outside of the core program will be submitted to your insurance company by the provider of the service.

Typical out-of-pocket costs for \$3,000-\$4,640 for Gold Physical, \$4,300-\$5,940 for Platinum

CALIFORNIA HEALTH & LONGEVITY INSTITUTE

Deluxe Physical - \$3,500

Comprehensive Medical Interview

- Full patient history
- Complete family history with 2nd-degree relative analysis
- Vaccination analysis
- Extended time to discuss medical concerns
- Age- and gender-specific physical exam

Diagnostic Testing

Personalized testing according to age, gender and family history is completed.

- EKG
- Visual acuity
- Color vision
- BOD POD
- Spirometry (lung & breathing analysis)
- Hearing evaluation
- Glaucoma pressure screening
- Computerized medication review and compatibility check
- Routine vital signs (blood pressure, temperature, heart rate, respiration rate, height, weight, body fat, BMI)

Extensive Laboratory Analysis

Provided by LabCorp.

- Diabetes screening
- Thyroid screening
- Hormone screening
- Mercury level
- Cancer screening
- Cholesterol screening
- Cholesterol subcategories
- Body chemistries
- Advanced cardiac risk analysis
- Vitamin D testing

Follow-up Support

Quarterly follow-up phone calls by phone or e-mail to assess your progress.

EXECUTIVE MEDICINE OF TEXAS

\$1950- \$4900

- Extensive Review of Medical History
- Comprehensive Physical Exam & Consultation with Physician
- Stool for Occult Blood
- Advanced Laboratory Testing
- Hearing Screening
- Vision Screening
- Color Vision Screening
- Pulmonary Function Test (Lungs)
- Fitness Analysis by Certified Personal Trainer
- Body Fat % by Certified Personal Trainer
- Nutritional Review
- Wellness and Lifestyle Assessment
- Nasal Laryngoscopy
- Carotid Doppler
- Cardiovascular Stress Testing (treadmill)
- Prostate Exam (males)
- Prostate Specific Antigen-PSA Testing (males)
- Follow up visit in person or via phone
- Exam results provided in Leather Bound presentation folder
- 24/7 Phone access to the EMS Executive Staff
- Pap smear (Female)

CEDARS SINAI

ASIC EXECUTIVE HEALTH EVALUATION

This evaluation emphasizes the early detection of health problems, as well as health maintenance.

The Components:

- Comprehensive physical examination including a detailed review of family and medical history
- Imaging tests, including chest X-ray, cardiac CT scan, and full Abdominal Ultrasound - to detect early signs or increased risks of cancer, coronary artery risk, abdominal aortic aneurysm or stroke
- Electrocardiogram (EKG) - determines a baseline for cardiac risk
- Pulmonary function test - analyzing lung capacity to check for early signs of emphysema or other lung conditions
- Prostate exam and PSA screening for men - for detecting early-stage prostate cancer
- Pelvic and Pap test for women - checking for early signs of cervical cancer
- Mammogram for women - screening for early breast cancer as age appropriate
- Lab tests to screen for blood count abnormalities, cholesterol levels, liver, kidney, and thyroid functions, cardiovascular risks, and prostate, colon and rectal diseases. Include but not limited to Complete Blood Count (CBC), comprehensive cholesterol panel, Comprehensive Metabolic Panel (CMP), fecal occult blood testing, highly-sensitive C-reactive protein (CRP), thyroid (TSH), and urinalysis (UA)
- Hearing test - identifying signs of hearing impairment

Cost: Basic male - \$2400, female - \$2700 (inc. mammogram)

Comprehensive male -- \$3800 (inc. vaccinations for travel, bone density test, carotid U/S) female -- \$4200

Colonscopy - + \$1800

CLEVELAND CLINIC

Cleveland Clinic Executive Health Physical Examinations are tailored to meet your needs. This comprehensive evaluation may include the following, but is customized for you.

- A detailed history and physical examination to assess your overall physical health.
- Comprehensive laboratory tests including a complete blood count, cholesterol and lipid profile, urinalysis and blood chemistries and a check of Vitamin D, Vitamin B12 and iron levels.
- A complete cardiac health evaluation including resting electrocardiogram (EKG), a cardiac stress test and BpTru™ blood pressure readings.
- A visual health evaluation including a visual acuity test, tonometry, refractive services and Fundus photography, which reveals abnormalities that threaten vision.
- An auditory health evaluation that assesses your hearing along with recommendations for hearing preservation or hearing amplification.
- A pulmonary health evaluation that includes a chest x-ray and spirometry, a test of breathing function that helps detect emphysema, bronchitis, asthma and other airway problems.
- A complete series of adult vaccinations, reviewed and administered as needed.
- A bone densitometry test to determine your risk of bone fractures.
- A weight, fitness and stress evaluation including nutrition consult and body composition test, a fitness consultation and personal and executive coaching.

Starting at \$3000

JOHNS HOPKINS

A typical Executive Health visit may consist of the following services:

- Comprehensive Medical History and Physical Examination
- Laboratory Screening Tests
- Hemocult Test
- Urinalysis
- Electrocardiogram (EKG)
- Chest X-ray
- Audiogram
- Pulmonary Function Testing
- Eye Evaluation at the Wilmer Eye Institute
- Nutrition Counseling
- Personal Representative for the day, continental breakfast, hosted lunch, and parking

Additional elective services that are available if clinically indicated might include:

- Exercise Stress Electrocardiogram Test
- Metabolic Stress Test
- Exercise Counseling
- Dermatology skin cancer screening
- Colonoscopy (must typically be scheduled on an additional day of service)

For Women

- Gynecology examination (with Pap smear)
- Breast Imaging
- Bone Density Study

Pricing

The Executive Health visit is personalized for each individual patient. As such, the exact total cost for services cannot be determined in advance. Additional testing or procedures may be requested by the patient upon scheduling or recommended by the physician on the day of service.

Approximate: Executive Health Physical + Colonoscopy + Exercise Stress Test = \$3650 (Basic physical = \$2100, Colonoscopy = \$1300, Exercise Stress Test = \$250)

DUKE EXECUTIVE HEALTH PROGRAM

Beginning in July 2011 clients of the Duke Executive Health Program will have the following added enhancements:

- BioSignia Health Risk Assessment Tool - uses medical technology to accurately predict your future health profile. This data will be instrumental in the development of your risk assessment and disease prevention programs.
- Vitamin D screening is now included in the collection of diagnostic tests offered to all new patients
- Returning patients now benefit from:
 - A Nutritional Consultation Review with our Registered Dietician
 - BioSignia Health Risk Assessment Tool
 - Ongoing Health and Lifestyle follow up by our Exercise Physiologist and Integrative Coach

Patients who are Corporately Sponsored

New Patient \$3,790

Return Patient \$2,100

Patients who are not Corporately Sponsored

New Patient Program Fee \$2,900

Return Patient Program Fee \$1,540

(prices don't include colonoscopy)

Note that labs and studies will be filed individually with a patient's insurance provider. Please see the Insurance Information section for more details. In the event a patient chooses not have any services filed with their insurance, the package cost would be the same as the corporately sponsored rate of \$3,790 for new patients and \$2100 for return.

UCLA COMPREHENSIVE HEALTH PROGRAM

- A thorough, extended physical examination with an internal medicine specialist whose focus is on disease prevention and/or women's health
- Comprehensive laboratory testing, including blood counts, chemistry panels to assess organ function, urinalysis, and cholesterol screening
- Cardiovascular assessment, including electrocardiogram (ECG) and one of the following: cardiac stress echocardiogram, coronary stress myoview study, resting echocardiography, electron-beam coronary CT scan/angiogram, cardiopulmonary exercise testing, or advanced cardiovascular blood tests with carotid intima-medial thickness scanning, and Doppler flow peripheral vascular index testing
- Eye examination with refraction, intraocular pressure measurement
- Hearing screening
- Body composition testing
- Pulmonary function testing
- Personalized nutritional counseling (additional charge applies)
- Colonoscopy (usually every 5-10 years, depending on history; additional charge applies)
- A comprehensive written report of the evaluation sent to your home (and your physician, upon request)

Women's health concerns:

- Pelvic examination and Pap smear
- Mammogram (women over 40 years of age)
- Osteoporosis testing (women over 40 years of age)
- UCLA Women's Health Resource Center access

Men's Health Concerns:

- Prostate examination/Prostate Specific Antigen (PSA/free PSA) Screening
- Testicular examination

Approximate cost: from \$2,400

PRINCETON LONGEVITY CENTER

- Medical Health Assessment
 - Thorough review of medical history and current health status with Physician
 - Comprehensive Physical Examination
 - Pulmonary Function Testing (Spirometry)
 - Audiometry (Hearing Screening)
 - Visual Acuity (Vision Screening)

- Laboratory Evaluation
 - Comprehensive metabolic profile including:
 - Complete Blood Count
 - Sedimentation Rate
 - Thyroid Function Profile
 - Urinalysis
 - Iron Level
 - Ferritin

- Advanced Cardiovascular Lipid Analysis (Optional elective)
- Lifestyle Health Risk Assessment
- Cardiovascular Risk Assessment
- Cancer Screening: Men and Women
 - Men over 40:
 - Prostate specific antigen test
 - Women:
 - Thin-Prep Pap smear *
(*Laboratory Fee billed separately to insurance by LabCorp)
 - Mammography (arranged at nearby radiology center)

- Nutritional Evaluation
- Musculoskeletal Health & Fitness Assessment
- Personal Wellness Plan

Cost: \$5295 (comprehensive physical + virtual colonoscopy), **\$4345** (comprehensive physical)

COOPER CLINIC (TEXAS)

Cooper Clinic's comprehensive physical exams may include these key components:

- **Medical examination and counseling.** Medical history review and consultation with your physician, plus a medical exam, which may include a pap test and pelvic exam
- **Cardiovascular testing.** May include a resting EKG, exercise stress testing, multi-detector computed tomography (MDCT) scan, nuclear stress testing, echocardiography, and CT angiography
- **Laboratory testing.** Cholesterol profile, blood sugar level, complete blood count, homocysteine, urinalysis, high sensitivity C-reactive protein, thyroid stimulating hormone, vitamin D, and other important tests
- **Medical screenings.** Tests of hearing, vision and pulmonary function, body fat measurement, oral cancer screening, and a strength and flexibility test
- **Skin cancer screening.** Head-to-toe screening for signs of skin cancer
- **Imaging procedures.** X-rays, digital mammography, osteoporosis screening, sonography, CT images, and other studies as needed
- **Nutrition consultation.** Computerized analysis of a three-day food record and personalized recommendations from a registered dietitian
- **Gastroenterology procedures.** May include scheduling a colonoscopy and/or upper endoscopy
- **Optional services.** Psychological stress assessment, exercise consultation, FAA Class I, II and III certification, and one-on-one Cooper Coach telephone health guidance
- Same-day results provided on a flash drive and a follow-up comprehensive written report

Cost: Basic comprehensive physical -- \$3800-\$3900 (Dep. on labs)