

# More than an average physical



Sanford Executive Health Center  
Redefining Wellness

[sanfordhealth.org](http://sanfordhealth.org)

**SANFORD**  
HEALTH









# Executive Health Center

Your work is demanding, and so is your schedule. When a company relies on your leadership, there are many responsibilities that take your energy and attention. But taking charge of your health and wellness allows you to be your productive best, both now and in the future.

Sanford Executive Health Center has an exclusive program that provides you with the highest quality medical care on a schedule that won't interfere with your busy days. We work with you to provide a complete physical examination, preventive screenings and tests in a private, comfortable setting, taking only one business day to meet all your medical needs.

# A unique experience

Each appointment is as unique as the person who scheduled it. Sanford Executive Health Center offers a comprehensive health assessment based on your needs and medical history.

A physician will oversee all your medical care throughout the day, which includes visits with specialists and a lifestyle assessment that can help identify possible risk and stress factors that could lead to future health problems.

You'll also have access to a variety of preventive screenings and tests to help with early disease detection. Everything is done in a comfortable, private setting with no waiting or delays to waste your valuable time.


Our expert medical staff will plan a day that is tailored to you.









A man with glasses, wearing a grey suit, white shirt, and a red patterned tie, is sitting at a dark granite desk. He has his hands clasped in front of him. The background features wooden cabinetry, a shelf with framed photos and plants, and a computer monitor to the left. On the desk to the right, there is a round clock, a yellow mug, and some papers.

“The health and fitness of our staff is critical to the growth and success of our organization. Sanford has been an excellent partner on so many different levels. The executive health program, on a personal level, has helped me prioritize my well-being among the various demands on my daily schedule.”

- Dana Dykhous, CEO,  
First PREMIER Bank





## On the day of your visit

When you arrive at the Sanford USD Medical Center, you'll be greeted by our executive health coordinator and escorted to an exclusive suite. Together, you will review your agenda and address any questions or concerns you may have about your schedule or medical care.

Next, you'll work through your efficiently scheduled tests and consultative visits. Once your testing is complete, you will meet with a physician for a physical and review of your medical history. The physician will also discuss your test results and make recommendations for any follow-up care you might need. You will receive a detailed report from the day, and upon request all records can be sent to your primary care provider. Your day will be completed around 4 p.m.

A light breakfast and lunch will be provided. For your comfort and convenience, please bring a T-shirt, exercise shorts and tennis shoes.

# Basic screenings and laboratory tests

Your health assessment at Sanford Executive Health Center may include the following:

## Consultations

- Dietician
- Integrated health
- Genetic counselor
- Physical therapy
- Dermatology skin check
- Internal medicine
  - Complete physical examination
  - Results review

## Testing

- Chest x-ray
- Heart score CT scan
- Comprehensive lab testing
  - Complete blood count (CBC)
  - Glucose screening for diabetes
  - Liver profile
  - Renal function (kidney)
  - Thyroid function
  - Cholesterol panel
    - High density, low density, triglycerides and ratio
  - PSA (prostate screening men 50 years and older)
  - Pharmacogenetic testing
- Exercise treadmill stress test
- Screening vascular studies
  - ABI, carotid, AAA









# Sanford Health

Sanford Health, the largest rural health care system in the U.S., is dedicated to transforming the health care experience and providing access to world-class health care in America's heartland. Headquartered in South Dakota, the organization serves more than one million patients across 250,000 square miles.





# Making an appointment

To schedule an appointment at Sanford Executive Health Center, please call (605) 328-7090. To ensure seamless delivery of care, it is recommended that appointments are scheduled several weeks in advance.

Once an appointment is scheduled, you will receive a letter of confirmation detailing your appointment from the Executive Health Center office.

Nearly \$1 billion in gifts from philanthropist Denny Sanford have allowed for several initiatives, including global children's clinics, genomic medicine and specialized centers researching cures for type 1 diabetes, breast cancer and other diseases.



## **Sanford Executive Health Center**

1420 W. 22nd St.

Suite 303

Sioux Falls, SD

(605) 328-7090

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