



**Sanford Health  
Executive Health Center**

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

**SANFORD<sup>®</sup>**  
HEALTH



SANFORD  
Executive  
Health Center

Executive Health  
Complete Health Care for Busy Leaders

- A complete physical exam, preventive tests and assessment of your overall health, often everything in a comfortable, private setting designed to relax.
- Work with a physician throughout the day and receive real-time advice.
- Enjoy access to leading specialists.
- Your meals are prepared fresh to meet your nutritional needs.
- A light breakfast and lunch is provided.

## Sanford Health Executive Health Center

The Executive Health Center in Fargo offers a program that provides you with the highest quality medical care. We work with you to provide a complete physical examination, which includes preventive screenings and tests in a private, comfortable setting. This service was designed to be completed in one business day, freeing you up from multiple appointments in your busy schedule.

Each appointment is as unique as the individual scheduled for the physical. We offer a comprehensive health assessment tailored to your individual needs and medical history.

## On the day of your physical

Our Program Specialist will be with you every step of the way, helping to guide you through your day. After your testing is complete, you will meet with the physician to have a comprehensive physical and review your medical history.

The physician will take the time to address all of your questions and concerns. They will also include a nutrition and fitness consultation, along with healthy lifestyle coaching to enhance a positive work and personal life balance.

## Preventive screenings and laboratory tests

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

### Labs

- Cholesterol Panel
- Complete blood count and electrolyte panel
- Diabetes screening
- Kidney function and electrolytes
- Liver Panel
- Thyroid function testing
- Vitamin D, B12 and Folate levels
- Iron Studies
- Sanford chip and pharmacogenetics

### Tests and Screenings

- Vascular screening, including ultrasounds
- Heart screen, including EKG, heart score CT, and exercise treadmill stress test
- Mammogram (women age 40 and older)
- Pap test
- Prostate screening (men age 50 and older)
- Pulmonary function testing
- Genetic screening with genetic counselor
- Thorough skin check

A physician will review all of your test results and make any necessary recommendations

# Sanford Health Executive Health Team



**Jeff Hunt, DO**, Medical Director  
Sanford Health Executive Health Fargo

Dr. Hunt earned his Doctor of Osteopathic Medicine from Midwestern University-Arizona College of Osteopathic Medicine. He subsequently completed an Internal Medicine Residency at the University of North Dakota based at Sanford Medical Center in Fargo. He is the founding physician of the Sanford Health Executive Health Fargo program and currently serves as its Medical Director. He is Board Certified by the American Board of Internal Medicine.

Dr. Hunt's philosophy of care is that medicine should be personalized to the individual. Health care decisions need to be based in the primary sciences; however, physicians should take into consideration each individual patient's goals, beliefs and lifestyle. Dr. Hunt believes that each person is unique and should be treated as such.

Outside of medicine, Dr. Hunt enjoys spending time with his wife and children. He is an avid hunter who enjoys being in the outdoors. Additionally, he has a keen interest in Christian studies and is active in his Church.



**Joshua Jost, DO**  
Sanford Health Executive Health Fargo

Dr. Jost received his medical degree from Kansas City University of Medicine and internal medicine residency training from University of North Dakota at Fargo. He is board certified with the American Board of Internal Medicine.

Dr. Jost believes medical care should be tailored to the individual. Decisions of medical care should be based on medical findings, physician experience and patient's core goals. He appreciates the ability to spend the time needed with each patient.

Outside of the hospital and clinic, Dr. Jost enjoys outdoor activities and cooking. He is married and has four young children with whom he enjoys spending time biking, going to the lake and golfing.





To schedule an appointment at Sanford Health Executive Health Center, please call our Program Specialist at (701) 234-4350.

To learn more about the program, visit [sanfordhealth.org](http://sanfordhealth.org); keywords: executive health.

## Sanford Health

Sanford Health, one of the largest health systems in the United States, is dedicated to the integrated delivery of health care, genomic medicine, senior care and services, global clinics, research and affordable insurance. Headquartered in Sioux Falls, South Dakota, the organization includes 44 hospitals, 1,400 physicians and more than 200 Good Samaritan Society senior care locations in 26 states and nine countries. Nearly \$1 billion in gifts from philanthropist Denny Sanford has transformed how Sanford Health improves the human condition. For information, visit [sanfordhealth.org](http://sanfordhealth.org) or Sanford Health News.

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