



Sanford Executive Health Center Fargo





Invest in your health

Our team understands that a demanding schedule shouldn't come at the cost of your well-being. That's why we offer a comprehensive, top-tier executive health physical. These are designed specifically for executives, business owners and entrepreneurs who want to prioritize their health without disrupting their day-to-day responsibilities.

In just one seamless visit at our convenient location in Fargo, you can receive a full physical exam, preventive screenings and consults with leading experts. Each appointment is tailored to your unique medical history and personal needs, ensuring your care addresses your current health concerns while identifying potential risks and stress factors that could impact your future.

Schedule a visit with our team to get high-quality, efficient and personalized care that can help you reach your best health.

A personalized, private experience from start to finish

On the day of your physical, you will be personally greeted at the front door and guided throughout your entire visit. While you're here, you will have access to our private executive suite, which will be exclusively yours for the day. The suite includes a private lounge area for use between appointments and during breaks. Consultation rooms are also located within the suite, offering a fully private and secure environment for your comfort and convenience.

Your day includes an in-depth, one-on-one consultation with your dedicated executive health physician. After all testing is complete, your physician will conduct a comprehensive physical exam and review your full medical history. They will take the time to thoroughly address your questions and concerns, discuss your test results and make personalized recommendations covering medications, immunizations and any additional follow-up care.

To support your long-term well-being, your visit will also include a nutritional and fitness consultation, along with healthy lifestyle coaching focused on enhancing work-life balance and overall health.



“Sanford Executive Health Center Fargo is a great place for those that want to keep their care closer to home. We offer a high-quality executive health physical for anyone who wants to take a deeper look at their health.”

Executive Health Physician



Preventive screenings and laboratory tests

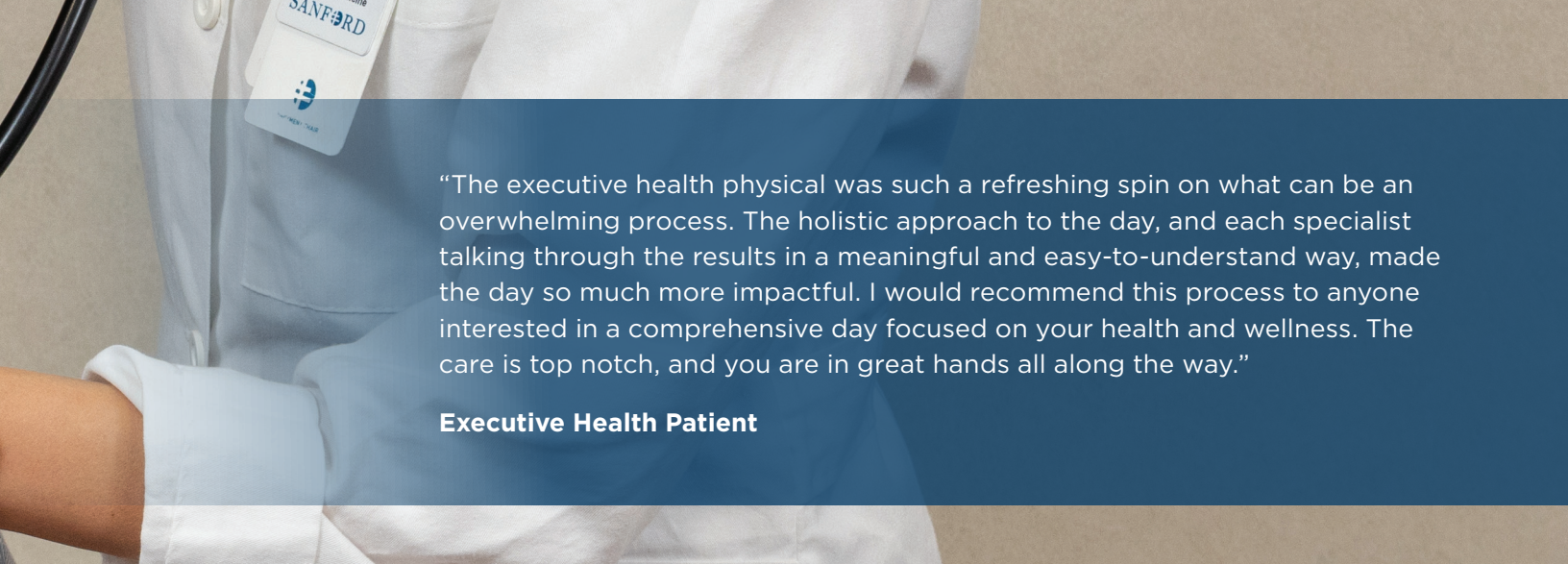
Your executive health assessment may include the following:

Tests and screenings

- Genetic screening with a genetic counselor
- Heart screening, including EKG and heart score CT
- Integrative health consult
- Mammogram (women age 40 and older)
- Nutritional consult
- Pap test (women age 21 and older)
- Prostate screening (men age 50 and older)
- Thorough skin check
- Vascular screening, including ultrasounds
- Wellness and stress management consult

Labs

- Blood glucose test
- Cholesterol panel, including apolipoprotein B and lipoprotein (a)
- Complete blood count and electrolyte panel
- Iron studies
- Kidney function test
- Liver panel
- Thyroid function test
- Vitamin D, B12 and folate levels



“The executive health physical was such a refreshing spin on what can be an overwhelming process. The holistic approach to the day, and each specialist talking through the results in a meaningful and easy-to-understand way, made the day so much more impactful. I would recommend this process to anyone interested in a comprehensive day focused on your health and wellness. The care is top notch, and you are in great hands all along the way.”

Executive Health Patient

To ensure seamless delivery of care, it is recommended that appointments be scheduled at least three to four weeks in advance.

If you are not currently enrolled in My Sanford Chart, we encourage you to sign up. We can assist you with this process. There is no cost to enroll, and it provides access to some of your lab results and testing information in real time, allowing you to review the details and prepare any questions you may have in advance.

Once your appointment is scheduled, you will receive two confirmation messages via My Sanford Chart with details about your appointment. These messages will include explanations of any testing or procedures, as well as answers to frequently asked questions. The first message will be sent approximately one month prior to your visit, and the second about one week before.

To help the physician and care team plan your schedule for the day, we recommend you fill out the lifestyle, personal health history and family history questionnaires on My Sanford Chart.

**To schedule an appointment at Sanford Executive Health Center
Fargo, please call (701) 234-4350.**

Sanford Executive Health Center Fargo
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sanfordhealth.org

