

A photograph of a cyclist in mid-ride, climbing a steep hillside covered in green grass and yellow flowers. The cyclist is wearing a white and green cycling jersey, black shorts, and a black helmet with a white stripe. In the background, a range of majestic, snow-capped mountains stretches across the horizon under a clear blue sky.

EXECUTIVE HEALTH EXAM

The logo for Intermountain LiVe Well Center Salt Lake City. It features a stylized graphic of three green and blue shapes resembling people or leaves above the text. The text "Intermountain" is in a bold, dark blue sans-serif font, with a registered trademark symbol (®) at the end. Below it, "LiVe Well Center" and "Salt Lake City" are in a smaller, dark blue sans-serif font.

Intermountain®
LiVe Well Center
Salt Lake City



A health evaluation that looks deeper.

While modern medicine may help you celebrate more birthdays, the quality of your years will largely depend on your diligence in pursuing a healthy lifestyle and in getting preventive maintenance check-ups. At the Intermountain LiVe Well Center, we conduct in-depth, comprehensive health evaluations that are designed to take a deeper look into your personal health.

There comes a time when you realize it is no longer wise to take your health for granted. We provide the roadmap to show you where you are vulnerable and how to achieve your personal health goals, expand your productivity and protect you from catastrophic loss that can come from preventable illness.

Our mission at Intermountain LiVe Well Center is to help people live the healthiest lives possible.

"Every time I go I learn something new that I can incorporate into my life. Whether it's a tip from the nutritionists or an exercise from the physiologists, I learn something about my health."

– Paul Lehman



Become part of the family.

OUR MOST IMPORTANT PRIORITY

For over 30 years the Intermountain LiVe Well Center has been the premier provider of comprehensive health evaluations in the Intermountain West.

Our staff of healthcare professionals will make you, your health and your experience here their most important priority. Our team of licensed and experienced healthcare professionals consist of:

- Physicians in Sports Medicine, Internal Medicine, Family Medicine, and Cardiology
- Exercise Physiologists
- Clinical Dietitian and Sports Nutritionist
- Physical Therapist
- Registered Nurse, Clinical Educator



• Life Skills

Don't just take our word for it...

Read what our clients say about their experiences at
the LiVe Well Center.



"I've seen significant improvements in my health over the last 4 years since I have been coming to the LiVe Well Center to get my physical. Since I started I've lost weight, I exercise a lot more and eat a lot better. My overall health has improved dramatically — probably the best health I've ever been in. The Executive Health Exam is a good measurement tool, a good incentive, it holds me accountable. I can see the results year over year so I can track my progress."

– Sterling Nielson

"My first visit probably saved my life. I had something going on with my heart that I was not aware of. They shut down my treadmill test because of some heart abnormalities that were starting to show up. I talked to the doctor and we did some other testing that resulted in me taking some medications.

If I had continued the way I was going, I was probably in line for a heart attack. Following that, I have been back the next couple of years to make sure I didn't have any continuation of the heart problem and wanted to make sure my physical fitness was coming back on line. The whole team is extremely professional and the interaction with the team before and after have been very satisfying. I've always felt they had my best interest in mind."

– Bill McNutt



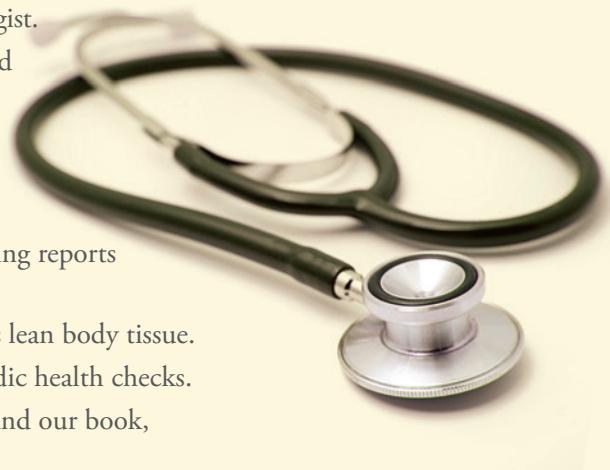
BOD POD

An experience you will enjoy.

WE WILL EXCEED YOUR EXPECTATIONS

This is the most complete, comprehensive health evaluation you are likely ever to experience. During the evaluation, you will receive:

- Private, personal, undivided attention.
- Head-to-toe physical examination by a board-certified physician. Findings are explained by the physician during the exam, in an unhurried environment.
- Complete battery of blood and urine tests with results explained the same day.
- Diagnostic treadmill exercise EKG test supervised by our board-certified cardiologist.
- Orthopedic evaluation, conducted by our physical therapist, of your skeletal and muscular status, from posture to strength to flexibility, and personal exercise prescription provided by our staff, designed specifically to your needs.
- Scientific determination of your caloric needs and diet. Our registered dietitian will analyze your lab results, body measurements, and current diet, making recommendations for a personalized nutrition program and unraveling conflicting reports about what we should and should not eat.
- State-of-the-art body composition analysis to determine percent body fat versus lean body tissue.
- Lifestyle assessment to review your physical activity, stress, nutrition, and periodic health checks.
- Thorough review of the day's results, a copy of all tests and recommendations, and our book, "An Owner's Manual for the Human Body."

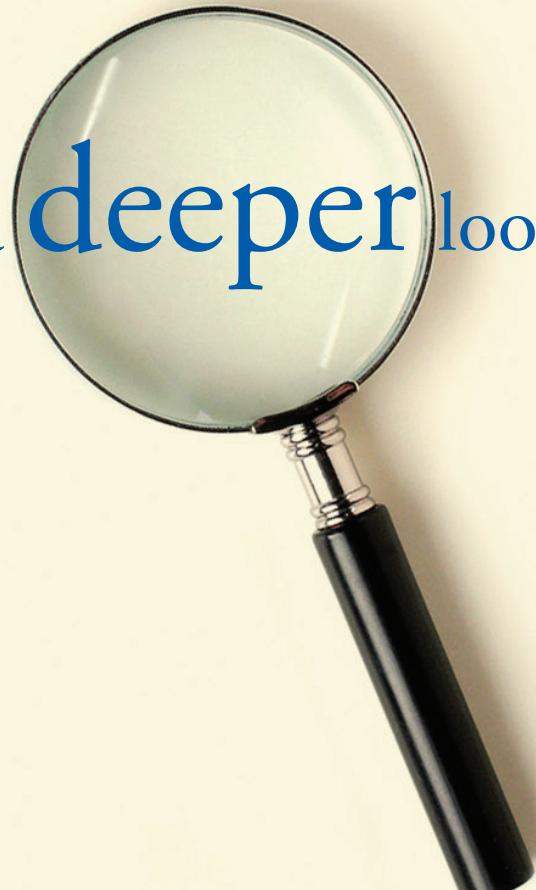




Customize your care for a **deeper** look.

Additional health screening tests are recommended based on your age, gender, symptoms, and risk factors:

- PSA blood test for prostate cancer
- Pap smear for cervical cancer
- Mammogram for breast cancer
- Bone density for osteoporosis
- Pure tone audiometry for basic hearing screening
- Clients also receive prescriptions and referrals
(i.e. colonoscopy) when appropriate



A day at the LiVe Well Center...

Your assessment begins before you even arrive at the LiVe Well Center. We email you a confidential packet of information, including a medical history questionnaire, health risk appraisal and nutritional questionnaire, to complete and send back before your scheduled evaluation. You will need to fast for 12 hours overnight prior to your evaluation to prepare for your lab work the next morning.

On exam day, bring exercise clothing and check in at the LiVe Well Center. After taking your blood and urine samples, you will complete the body composition analysis, lung function test, and caloric determination. A light breakfast follows before the remainder of your evaluation. When the evaluations are complete, you (and a guest, if you wish) will enjoy a complimentary lunch, followed by a thorough review of all your test results.

"The depth and detail that they go to in examining all aspects of your physical and mental condition are great. I didn't expect to get such a FULL and detailed look in to me! You think you know how your health is, but you don't really know until you have a panel of outside people examining you. They do it in a way that is pleasant and loving and respectful of you as a person, and this is what is good about it — nobody judges you or admonishes you about who you are or your lifestyle. They simply want to make sure you are becoming a healthy person."

– Lisa Brunheart



SCOTT
KASNER, MD
OB/GYN

Peace of mind is priceless.

Experience the calming security of knowing you are in good health or what you need to do to be healthier. Information you receive from the LiVe Well Center will serve you the rest of your long, healthy life.



For more information or to schedule your evaluation, please call the LiVe Well Center at (385) 282-2700 or visit us online at livewellcenter.org/saltlake.







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