

GOLD ASSESSMENT

A comprehensive annual picture of your total health and fitness

Our Gold Assessment has been designed to accommodate your schedule, whether you're the CEO of a Fortune 500® company or a busy household, and to provide a comprehensive evaluation of your total health and fitness.

This full-day experience includes a comprehensive medical examination, cardiopulmonary testing, diagnostic laboratory testing, a fitness assessment, and a physician consultation that will help provide a full spectrum wellness report of your overall well-being. You also will have an opportunity to receive complimentary services, such as a spa massage or personal training session.

Our Gold Assessment is an excellent choice for busy individuals looking for a comprehensive picture of their total health and fitness.

Medical examination and physician consultation services

- Personal consultation with a physician to review your medical health history
- Comprehensive medical examination

Cardiopulmonary testing

- Chest X-rays
- Cardiac stress test
- Pulmonary function test
- Screening coronary artery calcium scan

Diagnostic laboratory testing

- Complete blood count
- C-reactive protein
- Thyroid function
- Cholesterol profile
- Urinalysis
- Comprehensive metabolic panel
- Vitamin D

Additional testing for men

- Prostate-specific antigen
- Testosterone

Additional testing for women

- Pap smear
- Screening mammogram

Other diagnostic testing

- Skin check
- Bone density
- Vision screen
- Hearing screen

Lifestyle and fitness evaluation

- Lifestyle counseling
- Nutrition assessment and counseling
- Comprehensive fitness assessment
- Basal metabolic rate
- Body fat composition analysis
- Sub-maximal treadmill test
- Strength and flexibility tests

Additional services

- Add a spa massage or personal training session as a complimentary service (depending on scheduling availability)
- Schedule additional services when making your appointment

PersonalEdgeTexas.com

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PERSONAL EDGE

A program of HealthTexas Provider Network

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