



Your Personal EDGE[®] - Park Cities schedule

Whether you're the CEO of a Fortune 500[®] company or a busy household, we can provide you with a comprehensive medical examination, fitness, nutrition and lifestyle evaluations, and a personalized fitness program—all in one luxurious setting.

Arrival and check-in

Upon arrival, you will be greeted by our coordinators for check-in, after which you will be escorted back to your very own personal suite assigned to you for the entirety of your stay. Each suite includes TV, WiFi, beverages, snacks, coffee, and a private bathroom equipped with a shower, toiletries and linens. You will also have your own private exam room where the clinical testing and physical examination take place.

You are asked to arrive fasting, as required by the first round of testing. Our clinical team tends to you shortly after arrival to draw labs within your suite and collect baseline vital signs. The last assessment that requires you to fast is the resting metabolic rate test, administered by our exercise physiologist. After this test is completed, you will be served breakfast and given downtime to enjoy your meal prior to proceeding through the rest of your itinerary.

Series of assessments

After breakfast, our registered dietitian enters your suite to provide a one-on-one nutrition consultation. As a part of your package, you will go to our in-house DEXA machine for a bone mineral density scan and body composition analysis.

The following series of assessments happen in no particular order. However, our utmost priority is to complete all assessments before the provider sees you, ensuring a thorough review of results to conclude the day.

After the bone mineral density scan, the certified medical assistant guides you to our in-house hearing and vision room for testing. Both assessments are also included in all packages. The last assessments completed by the certified medical assistant are the spirometry test and resting ECG, which are done in the comfort of your personal suite.

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Series of assessments (continued)

We work closely with Touchstone Imaging North Park to fulfill your needs. We utilize Touchstone Imaging for both chest X-rays and CT coronary calcium scoring. All imaging and results are completed prior to seeing the physician in order to review the results before your departure. Our team attends to you in the imaging department to ensure a smooth transfer. Once imaging is complete, the itinerary continues at our office.

The last series of assessments done prior to meeting with the physician is our fitness assessments. The exercise physiologist joins you in your suite for a one-on-one fitness consultation. Following the consult, you are escorted to the exercise room, where you complete a series of tests focused on aerobic endurance, muscular strength and muscular endurance.

Once all assessments and testing are complete, you will be guided back to your suite, where lunch is served.

Executive physical

After lunch, the provider begins his/her portion of the executive physical in your personal suite, which starts with an initial consultation and health history review. After the consultation portion is complete, the provider steps out of the suite to allow time for examination preparation.

The provider proceeds with your executive physical by completing the physical exam on you, and once complete, time is allowed for you to re-dress and prepare for reviewing the results with the provider.

At this point, all testing, imaging and assessment results are reviewed thoroughly with you, allowing you to leave with a clear picture of your health and well-being. This will conclude your stay with us.



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