

# SILVER ASSESSMENT

A complete annual appraisal of your health and fitness

Our Silver 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 complete evaluation of your health.

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.

Our Silver Assessment is an excellent choice for busy individuals looking for a complete picture of their overall 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

## 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

[PersonalEdgeTexas.com](https://PersonalEdgeTexas.com)

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**Baylor Scott & White**

**PERSONAL EDGE**

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