



# EXECUTIVE HEALTH

## Keeping you in top form

*“In a corporate environment that is changing at warp speed, performing consistently at high levels is more difficult and more necessary than ever. When people feel strong and resilient – physically, emotionally, mentally and spiritually – they perform better, with more passion, for longer. They win, their families win, and the corporations that employ them win.”*

**The Making of a Corporate Athlete, Harvard Business Review**

Be honest. When did you have your last check-up? Not a rush visit for a cold or backache. We’re talking about an old-fashioned, face-to-face, head-to-toe account of the details of your most important asset.

### Manage your most valuable asset - your health

Our approach to your health care is simple - we believe that to be healthy you have to address all aspects of your lifestyle. Your health plays a vital role in your overall well-being and can affect all aspects of your life, from the decisions you make at work to your personal relationships and lifestyle.

Mental fitness and physical health work in harmony to achieve the desire and stamina necessary to enjoy a full life and achieve personal and professional goals.

Medical research has shown that most of today’s deadly diseases including stroke, heart disease, hypertension, diabetes and many cancers can be prevented or, at the least, greatly diminished through three basic steps:

- healthy lifestyle
- early diagnosis of symptoms
- swift treatment of diseases.

This is the core model for healthcare. All clients begin with a comprehensive health assessment to address your overall medical needs and health risks, such as coronary heart disease and diabetes. We also provide you with exercise, nutrition, and stress management assessments -- all part of our preventative approach to medicine.

We offer a range of services that will ensure a detailed understanding of your current health status:

- Biometric testing
- Exercise stress testing
- Comprehensive laboratory testing
- Hormonal balance testing
- Heart health assessment
- Review and administer immunizations (if necessary)
- Travel Health
- Comprehensive clinical evaluation
- Lung function
- Individual Health Strategy and Management
- Functional (anti-aging) consultations
- Ongoing monitoring
- Advanced health risk evaluation
- Sports Medicine



## We work with your schedule

Chances are, you have sacrificed your preventive health care - just scheduling all the appointments, tests, and specialist consultations you need can be very time consuming. Then factor in traveling to and from different medical facilities, waiting in countless waiting rooms, and scheduling additional follow-up visits. Who has the time?

We understand these obstacles. We offer a streamlined approach to world-class health care, helping you invest your time today in order for you to keep yourself active and well.

We offer a uniquely designed Executive Health Care Facility that focuses on optimizing health and preventing disease. Using a personalised approach, advanced testing procedures and the latest risk stratification modelling, the Executive Evaluation assists in identifying diseases in the earliest stages.

With the results and utilisation of modern protocols in managing chronic diseases, each client receives a personal strategy for health management.

## Where to find us

For further information please contact us on:

021 975 2694

[www.inconhealth.co.za](http://www.inconhealth.co.za)



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