Cooper Clinic Executive Health

An investment in your success

Get Cooperized™

As an executive, you are among the top performers and highest achievers in your organization. As such, your organization has made your health and well-being a priority by providing you with a comprehensive preventive physical exam renowned worldwide.

Welcome to Cooper Clinic Executive Health.

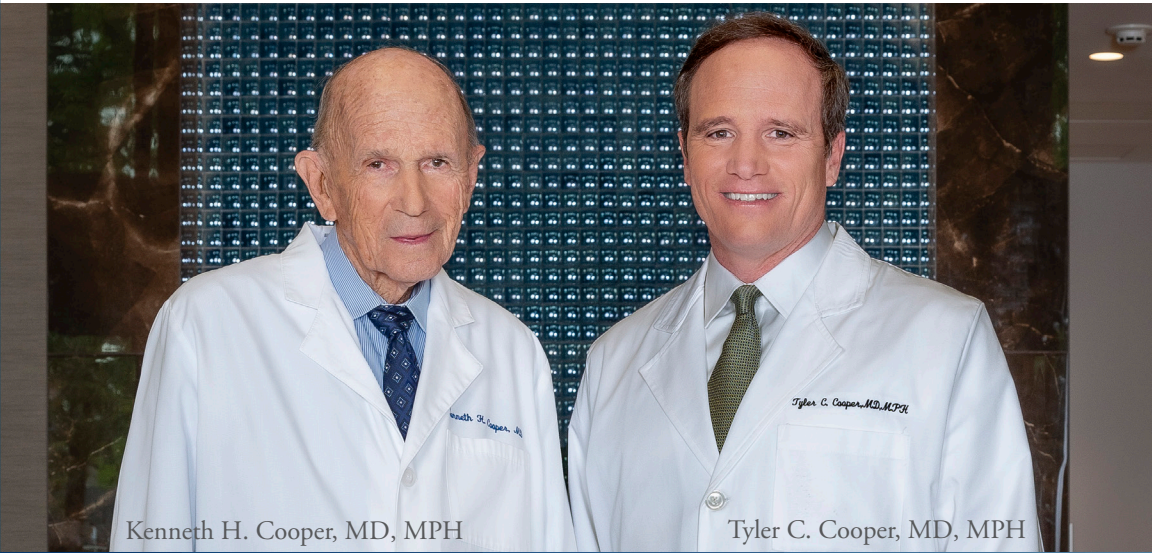
Named one of the top destinations for a comprehensive physical exam by *Fortune* magazine, Cooper Clinic, through its Executive Health exam, identifies potential health problems; reduces and eliminates medical risk factors; and provides you with an individualized road map to optimal health.

At Cooper Clinic, preventive medicine isn't just something we do.

It's all we do.

The very notion of preventive medicine as a science was pioneered by Kenneth H. Cooper, MD, MPH, in 1970 when he founded The Cooper Institute® research and education nonprofit—now the Kenneth H. Cooper Institute—followed by Cooper Clinic later that same year.

Today, Dr. Kenneth Cooper and his son, Tyler C. Cooper, MD, MPH, have expanded their healthy-living mission to create Cooper Aerobics and its six health and wellness entities.



Kenneth H. Cooper, MD, MPH

Tyler C. Cooper, MD, MPH

Kim Allen, MD

"The people working at Cooper Clinic are all top-notch. They know what to look for as we age and **brought to my attention I was developing prostate cancer."**

– Bruce M. | Godley, TX
Patient since 1998

The Cooper Clinic Executive Health exam isn't just complete—it's comprehensive. And includes a series of in-depth medical assessments, health screenings and diagnostic imaging tests—all customized based on age, gender and medical history. Each component incorporates the latest in science, technology and research.

As a busy executive, your time is invaluable. We've engineered the exam so all tests are completed in one day and you receive your results the same day. Also, plenty of time is built in for one-on-one consultation with your Cooper Clinic physician—as much time as needed.

At day's end, you will have a clear picture of your health that will provide you with essential insight into the state of your well-being. Within 24-48 hours of your exam you'll have access to your results through our online Cooper Clinic Patient Portal. A complete report can also be mailed to you.

More than 55 years of preventive medicine research, through the Cooper Center Longitudinal Study, have proven a healthy lifestyle improves the quality and quantity of life.

Individuals who are fit at midlife have:

45%⬇ ⬇43% Fewer chronic diseases in their Medicare years and spend less time with these diseases; men with the highest fitness levels had a 45% lower incidence of chronic disease compared to those with the lowest fitness levels, and women had a difference of 43%

36% LESS LIKELY A lower risk of developing Alzheimer's disease and other dementias in their Medicare years; the highest-fit individuals are 36% less likely to develop dementia compared to the lowest-fit individuals

40% LOWER COSTS Reduced health care spending in their Medicare years; high-fit individuals showed 40% lower average annual health care costs compared to low-fit participants

"The extra attention at Cooper has made a big difference for me. During my annual exam, I saw a Preventive and Cosmetic Dermatologist which I hadn't planned on. She spotted a melanoma on my right arm. **If left undetected, it could have cost me my life."**

– Byron N. | Phoenix, AZ
Patient since 2005

Tyler C. Cooper, MD, MPH

Cooper Clinic patients who regularly have a physical exam live longer than the average life expectancy! On average:

- Men live to age 87—13 years longer
- Women live to age 90—seven years longer

Improving how you live will improve how well you live. And an annual Cooper Clinic preventive exam is your first step toward living a longer, healthier life.

What to Expect on Exam Day

Check-in 7-8:30 a.m.

The full exam takes approximately eight hours. For out-of-town guests, staying at our on-site Cooper Hotel makes checking in and out easy. A Patient Services Representative will give you a general idea of how your day may be structured.

Day flow Begins with lab work

Since you will have been fasting the past eight hours, typically your first procedure of the day is lab work. Your Patient Services Representative will guide you to each of your tests and procedures throughout the day. You may experience some wait times between procedures, so bring a laptop or tablet—complimentary Wi-Fi is available—a book or your favorite hobby.

Refueling your body

Healthy snacks are available throughout your day once you are cleared from fasting. In addition, you will receive a coupon for a complimentary meal at our on-site Cedars Woodfire Grill, offering a wide array of delicious menu options.

Time with your physician

Your Cooper Clinic physician will conduct a thorough medical exam and consultation, review test results and assist in developing an action plan.

End result

All results and test reports are available and reviewed with you the same day. In addition, you can access your records via our online Cooper Clinic Patient Portal and a written report can be mailed to you.

Ryan Harris, MD

CUSTOMIZE YOUR VISIT

Cooper Clinic is one of six health and wellness entities located at the world-renowned 30-acre Cooper Aerobics Center in North Dallas. While you're here, you can customize your visit to include a variety of services and amenities.

Cooper Fitness Center™

Featuring state-of-the-art cardio and weight equipment, more than 100 weekly group exercise classes including yoga and Pilates, indoor and outdoor jogging tracks, heated pool, tennis and pickleball courts and more. **Cooper Clinic patients receive complimentary access to Cooper Fitness Center during their visit.** In addition, if you decide to join Cooper Fitness Center within 12 months of your exam, the initiation fee is waived. *Please note you should avoid exercise within 24 hours prior to your physical exam.* **cooperfitnesscenter.com**

Cooper Spa™

Relax after your exam at Cooper Spa with a massage, facial, manicure or pedicure. **Cooper Clinic patients receive 10% off any single service within 30 days of your exam. cooperspa.com**

Cooper Complete®

Physician formulated, Cooper Complete nutritional supplements include multivitamins for adults and a comprehensive line of supplements such as omega-3, vitamin D and calcium. **Cooper Clinic patients receive 20% off Cooper Complete nutritional supplements** purchased on-site at The Coop inside Cooper Fitness Center or online at coopercomplete.com in addition to free shipping. Savings also apply to 30-, 60-, 90- or 120-day subscription orders. **coopercomplete.com**

Cooper Clinic™ Dermatology

Cooper Clinic Dermatology offers cosmetic dermatology services including Botox® and Dysport®, dermal and stimulating fillers, laser treatments, chemical peels and mole removal. **cooperclinicdermatology.com**

Questions & Answers

How long is the Cooper Clinic comprehensive exam?

The exam typically lasts eight hours and in most cases includes up to two hours of doctor-patient interaction. Snack items are provided throughout the day and a complimentary meal is available at Cedars Woodfire Grill at Cooper Aerobics, located on-site at Cooper Fitness Center.

When do I receive my exam results?

The same day as your exam. Your physician will discuss your results and recommendations after the tests are complete. You will have access to your results through our online Cooper Clinic Patient Portal. A complete report can also be mailed to you.

Do you accept insurance for procedures not covered by my company?

Cooper Clinic does not contract with insurance companies. Our services are considered out-of-network and due to their preventive nature may not be covered by insurance.

Our team can assist you with submitting a self-claim or help answer questions. You may request the procedure codes to determine if a test is covered by insurance. Please contact your benefits administrator or insurance carrier for verification and more information. Patients are responsible for all payments not covered by their company.

What types of payment are accepted?

Full payment for tests not covered by your company is expected the day of service. Cooper Clinic accepts MasterCard, Visa, Discover, American Express, a personal check, debit card or cash.

How do I schedule an appointment?

Call the Cooper Clinic Executive Health office at 972.560.3227 and ask to schedule an appointment. Please reference your company name. All messages are returned within 24 hours, Monday-Friday. You may also request an appointment online at cooperexechealth.com.

What if I need to reschedule my appointment?

We understand your schedule may change. If you must reschedule your appointment, please contact us at least seven days prior to your appointment at 972.560.3227 or exechealth@cooper-clinic.com. You will be charged a fee if you provide less than seven days' advance notice.

Can I schedule other Cooper services at the same time as my exam?

Yes, an appointment assistant is able to book Cooper Hotel room nights, ground transportation and other Cooper services such as a Cooper Spa treatment or Cooper Clinic cosmetic dermatology service.

Can my spouse get an exam, too?

Yes, spouses are welcome. Many couples choose to go through the exam on the same day. Check the "Additional Services" insert to find out if your company also covers your spouse's exam costs. If not, call our office at 972.560.3227, and we will provide an estimated exam cost based on gender, age and other information.

What local hotel do you recommend?

Cooper Hotel is just steps away from Cooper Clinic, providing the ultimate ease and convenience. Cooper Clinic patients receive preferred pricing on room nights. Please call 972.560.3227 and we'll be happy to make a reservation for you.

Where is Cooper Clinic located?

Cooper Clinic is located on the 30-acre Cooper Aerobics Center in North Dallas, 16 miles from DFW International Airport and six miles from Dallas Love Field Airport. Cooper is within walking distance of casual and fine dining and shopping.

To schedule your Executive Health exam call 972.560.3227

Complete online appointment request.

Watch our Executive Health video at cooperexechealth.com

Cooper Clinic™
Preventive Medicine
A COOPER AEROBICS COMPANY

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cooperexechealth.com

Any person depicted as a patient in this brochure is a model, not an actual patient.

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