

## UPMC HAMOT CENTER FOR HEALTHY LIVING

The Center for Healthy Living offers outpatient services geared toward health promotion, early disease detection, and disease management. These services include cardiopulmonary rehabilitation, medical nutrition therapy, wellness programs, health screenings, and Corporate Health Services.

### Cardiopulmonary Rehabilitation

The purpose of outpatient cardiopulmonary rehabilitation is to assist patients with various cardiac and pulmonary diagnoses in all aspects of the recovery process. This is accomplished by monitored (EKG) exercise, dietary counseling, and education. Cardiopulmonary rehabilitation is reimbursed by medical insurers. **Also, walk-in, preoperative EKGs are performed.**

### Medical Nutrition Therapy

This service provides adults with one-on-one outpatient appointments with a registered dietitian. The objective is to manage a variety of medical conditions through proper nutrition. Medical nutrition therapy is reimbursed by medical insurers.

For more information, call the Center for Healthy Living at **814-877-5481**.

### Wellness Programs and Health Screenings

From yoga to nutrition classes to vascular screenings, these services help people to improve their quality of life. We empower individuals to take better care of themselves and to detect medical issues early.

### Corporate Health Services

The goal of this service is to improve the health profile of area businesses. This is achieved by on-site health screenings, wellness programs, health coaching, and executive physicals.

# EXECUTIVE PHYSICAL PROGRAM

Comprehensive Care  
That Fits Your Schedule




## UPMC Hamot

UPMC Hamot Center  
for Healthy Living  
Sterling Square, Suite 211  
3330 Peach St.  
Erie, PA 16508

## UPMC Hamot





From a detailed history and physical to laboratory studies and cardiopulmonary testing, the UPMC Hamot Executive Physical Program provides comprehensive and thorough preventive health services in a private setting. Our program is tailored to offer the convenience and expertise that busy executives require. Plus, all of our clients receive a personalized written report from our doctor with a summary of their exam, test results, and pertinent advice on maintaining optimal health.

## HEALTH SCREENINGS PROVIDED

### History and Physical

Preventive medicine specialists, nurses, audiologists, cardiologists, radiologists, biochemists, and exercise physiologists lend their expertise for your examination. Sufficient time is taken to gain a thorough understanding of all past medical problems based on family, social, and work history.

### Laboratory Studies

Comprehensive screenings include a complete blood count, cholesterol panel, metabolic profile, high-sensitivity C-reactive protein (hs-CRP), vitamin D level, urinalysis, and PSA. Tests detect problems such as anemia or low-grade infections as well as diabetes, thyroid issues, liver dysfunction, kidney disorders, heart attack risk, and the presence of generalized inflammation.

### Lipid Evaluation

Thorough assessment of lipid levels and high-sensitivity C-reactive protein (hs-CRP) with recommendations addressing critical lifestyle issues such as diet, exercise, and coronary artery disease risk.

### Hemoccult Test

Detects microscopic gastrointestinal bleeding from tumors, polyps, ulcers, and other causes.

### Chest X-ray

Determines your heart size and screens for lung cancer and other pulmonary diseases.

### Spirometry and Pulmonary Function Test

Helps to assess lung function and detect emphysema, bronchitis, asthma, and other airway problems.

### Sleep Apnea Screening

Sleep apnea is a serious disease that occurs when breathing is interrupted during sleep. Answering a few simple questions and having your neck circumference measured indicates the likelihood of developing sleep apnea.

### Audiogram

A hearing evaluation is done by a licensed audiologist who provides recommendations for preservation of hearing and hearing amplification as needed.

### Visual Acuity Test

Includes a routine vision screening.

### General Fitness Assessment

Evaluates overall level of fitness by measuring body mass index (BMI), flexibility, muscular strength, and waist circumference.

### Resting Electrocardiogram (EKG)

Records the electrical activity of your heart and provides indicators for a number of potentially serious heart problems.

### Cardiac Stress Test

This test is performed by a cardiologist and is recommended for individuals 50 years or older or with multiple risk factors predisposing them to coronary artery disease or heart failure. The results can show early signs of hypertension and abnormal heart rhythms.

### Vascular Screening Test

Ultrasound imaging is used to examine the carotid arteries in the neck. This noninvasive screening reveals the buildup of plaque that results in poor blood flow to the entire body.

### Specialized Testing

Other specialized tests may be recommended by your physician based upon your family history and medical status. We can refer you to the appropriate specialist and assist you in scheduling an appointment.

## ADDITIONAL SERVICES OFFERED

### Written Results Report

Your personalized, written report summarizing your results is mailed directly to you. Recommendations from the doctor are included. A copy can be forwarded to your personal physician upon your request.

### Health Coaching

Our registered nurse and experienced health coach reviews your results and the written report from the doctor. She is available to answer questions, make referrals, and assist you in developing a plan to improve your health.

## PRIVACY AND CONVENIENCE

- Free valet parking
- All screenings provided in a private and specialized room
- Meal voucher for the UPMC Hamot cafeteria

To learn more about the UPMC Hamot Executive Physical Program, call our Corporate Health Services Department at **814-877-5481** or visit **UPMCHamot.org**.

