

Health and Wellness Program



JACKSON MEMORIAL HOSPITAL
INTERNATIONAL SERVICES

*At Jackson Memorial Hospital (JMH) we understand that the complexity of the health care system coupled with busy lifestyles have discouraged many from accessing care. Our **Health and Wellness Program** is a flexible and convenient solution. Our main objective is to help you refocus on your most critical asset: "Your Health". The comprehensive executive program is a time saving and a life saving experience. We will guide you to better health and will assist you in anticipating future diseases. The benefits of our program range from short-term detection to long-term prevention.*

About the program

■ Early detection and prevention:

Medical conditions such as heart disease and diabetes can have positive outcomes if caught in their early stages. Our comprehensive physical exam can help reveal those underlying conditions before the onset of more serious health problems.

■ Patient based exam:

Your personalized executive physical is based on three criteria:

1. American Medical Association Guidelines: Gender, age, race
2. Personal medical history: Prior to your visit, our staff will provide you with a health profile questionnaire. Your medical condition will be reviewed and assessed by our physician prior to your appointment. You will then receive a free consultation from our internal medicine physician in order to assess your specific health needs. If further information is required, our staff will contact you.
3. Comprehensive physical exam and lab results: Upon completion of your physical exam and lab work, our physician will explain all the diagnostic

information to you. If further tests are in order, our staff will coordinate all arrangements.

■ Efficient and effective use of your valuable time:

1. The executive physical exam and lab work takes one day. However, additional lab cultures and diagnostic tests may require another day. In addition, special diagnostic tests such as a colonoscopy require specific overnight preparations.
2. During your initial and exit visit you will have ample time to discuss your medical condition and results with our internal medicine specialist.
3. If your medical condition requires a specialist or additional tests, referrals and appointments will be arranged by our staff.
4. An electronic copy of your results will be provided to you during the exit interview.
5. Personal concierge service: The relationship with your medical concierge begins well before your arrival. As soon as you request an appointment

you will receive a phone call in order to assist you with travel and lodging arrangements in Miami. The Hyatt Regency Miami is the preferred hotel of Jackson Memorial Hospital International Services. The Hyatt Corporation is a proud supporter of Jackson Memorial Foundation and has graciously provided our guests with special rates.

■ Upon arrival at our facility, your representative will greet you and guide you throughout your visit in order to efficiently expedite your schedule. Throughout the day your representative will be available if any further assistance is needed.

■ Guest/companion is welcome to share your visit. They can opt to undergo a physical exam as well!

About **US**

By choosing JMH, you are selecting one of America's finest medical facilities.

JMH is continuously ranked in U.S News & World Report among the best Hospitals in America. We are a teaching hospital and an academic center; therefore our physicians and staff have a history of extensive medical experience. Our facilities have state-of-the-art, unmatched, cutting-edge technology which enables our physicians to conduct an array of research in order to offer world-class healthcare and major medical breakthroughs. With more than 1,550 licensed beds, **JMH** is a

referral center, a magnet for medical research and home to the Ryder Trauma Center – the only level-1 trauma center in South Florida. If the results of your Comprehensive Executive Physical require additional referrals, **JMH** offers an extensive range of services and clinical programs by a medical staff that is recognized for its patient care, education and research. Our proactive team is dedicated to making your executive physical an effective and efficient health experience.

Packages

The St. Maarten Hospitality and Trade Association has worked with us to create special packages including a comprehensive or a platinum physical exam.

\$937

Comprehensive Physical Exam:

Original price \$1,250
+ SHTA member discount 25%
= **\$937**

Custom packages

Prices vary
25% SHTA member discount applies

\$5,625

Platinum Physical Exam:

Original price \$7,500
+ SHTA member discount 25%
= **\$5,625**

- All packages include a FREE complete medical history evaluation. These evaluations will be sent to you as soon as you request information about our program. You will be instructed to fill out your personal medical history either on our web site or by mail. Our medical team will review your history and feedback will be communicated to you by one of our medical staff prior to the first visit. The purpose of our free consult is to assist our patient in understanding their medical history and its implications. We will guide you in making the right medical choices.
- SHTA members will receive a 25% discount on all packages:

Comprehensive Physical Exam

You should choose the Comprehensive Physical Exam if you are in fairly good health and would like a preventive annual check-up. This package is an overview assessment of your physical health in order to ensure early detection of underlying problems.

■ **Complete medical history evaluation:**

To be completed prior to patient arrival and feedback communicated to patient prior to the first visit at no cost.

■ **Hospitality service assistance throughout your clinical visit.**

■ **Comprehensive physical examination**

Women: Pelvic and breast exam including a screening mammogram.

Men: Testicular and prostate exam

■ **Cardiac health evaluation**

ECG

Chest X-ray

Stress test w/o contrast

■ **Lung health evaluation**

Spirometer

■ **Colon health evaluation**

Hemoccult for blood in stool

■ **Nutritional screening**

Recorded 3 days prior to visit

Basic nutritional consultation

■ **Immunizations update and travel medicine consult**

■ **Extensive panel of laboratory tests**

Complete Blood Count

Chemistry Profile and Complete Metabolic Panel

Urine analysis and Urine Test

Lipid Profile

Thyroid profile

■ **Exit Interview**

Results explained by our internal medicine physician

Personalized prevention and maintenance plan

Any further recommendation or follow up will be arranged by our coordinator

An electronic copy of your results will be provided

Custom packages

These packages can be tailored to meet the specific needs of each individual. Estimated prices are given upfront. Custom packages are also available at the 25% discounted rate for SHTA members.

Platinum Physical Exam

You should choose the Platinum Physical Exam if you are a male over the age of 40 or a female over the age of 50. This particular package was configured to target the main health issues we encounter as we age. It includes tests that focus on the early detection and prevention of cardiovascular, neurological, gastro-intestinal and cancerous diseases.

■ **Complete medical history evaluation:**

To be completed prior to patient arrival and feedback communicated to patient prior to the first visit at no cost

■ **Hospitality service:**

Assistance throughout your clinical visit

■ **Life style and risk appraisal**

■ **Nutritional Screening**

Three day food record

Basic nutritional consultation

■ **Immunizations update and travel medicine consult**

■ **Comprehensive physical examination**

Women: Pelvic and breast exam

Men: Testicular and prostate exam

■ **Extensive Laboratory screening tests**

Chemistry profile

Electrolytes

Lipid profile

Complete blood count

Thyroid profile

Urinalysis

Hemoccult

■ **Extensive Cardiac lab screening tests**

Albumin/creatinine ratio

Fibrinogen

Homocysteine

Lipoprotein (a)

Protein electrophoresis

Ultrasensitive C-reactive protein

■ **Cardiac and pulmonary function tests**

EKG

Calcium scoring of the coronary arteries

CT Scan of the chest

Stress test

Echocardiogram

■ **Neurological risk assessment**

CT of the brain

■ **Vascular screening**

Carotid duplex ultrasound

Abdominal aorta ultrasound (men)

■ **Gastrointestinal screening**

Colonoscopy (age 50 and then every 5-7 years, earlier if preexisting family history)

■ **Cancer screening**

Women specific: Pap smear for cervical cancer , HPV testing, Digital Mammography (typically at age 40)

Male specific: PSA level for prostate cancer (age 45)

■ **Exit Interview**

Results explained by our internal medicine physician

Personalized prevention and maintenance plan

Any further recommendation or follow-up will be arranged by your coordinator

An electronic copy of your results will be provided

DirectAccess Program

SHTA members who purchase any of the Executive Health Packages can become a member of Jackson's DirectAccess program free of charge for one year.

DirectAccess membership ensures that in the event of a life-threatening medical emergency, your information is available in advance to Jackson Memorial Hospital International Services. Should a transfer to the hospital be a viable medical option, your transfer can be approved in 60 minutes or less. The staff at JMH-International Medical Services is available to assist you 24/7, year-round, serving as your lifeline to the most dependable and comprehensive critical care services in the Caribbean Basin.

- *Pre-approved admission to Jackson Memorial Hospital**
- *Immediate access to JMHI air ambulance network ***
- *Medical concierge services 24/7*
- *Patient advocacy and family support*
- *Private rooms and mini-suites**
- *Post-discharge delivery of medications and medical equipment*
- *Reduced rates for outpatient executive cardiology exams and comprehensive physical exams*
- *Reduced rates at the Hyatt Regency Miami*
- *Airport and hotel car service reservations*
- *Nurse on-call service for 30 days after discharge*
- *Access to referral network.*

For more information, please call +1-305-355-5544, or visit us at www.directaccess.jmhi.org

*Subject to bed availability and member funding confirmation.

**Service and availability are subject to independently owned and operated companies.



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