

## Executive Physical Exam Recommended Guidelines

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| <b>HISTORY &amp; PHYSICAL EXAMINATION</b><br>(including Health Risk Appraisal)  | <ul style="list-style-type: none"> <li>• Yearly</li> </ul>  |
| <b>VISION</b>   | <ul style="list-style-type: none"> <li>• Age 30-49, every 2 years</li> <li>• Over age 50, yearly</li> </ul>   |
| <b>HEARING</b> (Audiometric Screening)  | <ul style="list-style-type: none"> <li>• Age 30-49, every 2 years</li> <li>• Over age 50, yearly</li> </ul>   |
| <b>LABORATORY STUDIES</b><br>1. Complete Blood Count with Differential<br>2. Lipid Profile<br>3. Executive Blood Panel<br>(K, Glucose, Creatinine, Albumin, Uric Acid, Alkaline Phosphotase, SGOT, Total Bilirubin, Cholesterol, Triglycerides, Calcium)<br>4. Urinalysis<br>5. Colocare Slides | <ul style="list-style-type: none"> <li>• Yearly</li> </ul>  |
| <b>ELECTROCARDIOGRAM</b>  | <ul style="list-style-type: none"> <li>• Yearly</li> </ul>  |
| <b>EXERCISE STRESS TEST</b> (Treadmill)   | <ul style="list-style-type: none"> <li>• Under age 40 (<i>if risk factors present</i>)</li> <li>• Age 40-49, every 4 years</li> <li>• Over age 50, every 2 years</li> </ul>                                   |
| <b>PULMONARY FUNCTION</b> – NON SMOKER  | <ul style="list-style-type: none"> <li>• Under age 50, optional</li> <li>• Over age 50, every 2 years</li> </ul>  |
| <b>PULMONARY FUNCTION</b> – SMOKER  | <ul style="list-style-type: none"> <li>• Yearly</li> </ul>  |
| <b>CHEST X-RAY</b> (2 views) NON SMOKER   | <ul style="list-style-type: none"> <li>• Initial exam, then every 5 years</li> </ul>  |
| <b>CHEST X-RAY</b> (2 views) SMOKER   | <ul style="list-style-type: none"> <li>• Under age 50, every 2 years</li> <li>• Over age 50 yearly</li> </ul>   |
| <b>FLEXIBLE SIGMOIDOSCOPY</b><br>Alternative – Colonoscopy every 10 years.  | <ul style="list-style-type: none"> <li>• Initial Exam, after age 50, then dependent on history</li> <li>• For negative history or symptoms, every 5 years</li> <li>• Yearly, when symptoms warrant</li> </ul> |
| <b>PSA</b> (Prostate Specific Antigen) <i>male only</i>   | <ul style="list-style-type: none"> <li>• Over age 50, yearly (<i>Age 45 if have risk factors</i>)</li> </ul>  |
| <b>PELVIC EXAMINATION</b> (including Pap Smear) <i>female only</i>  | <ul style="list-style-type: none"> <li>• Yearly</li> </ul>  |
| <b>MAMMOGRAM</b> <i>female only</i>   | <ul style="list-style-type: none"> <li>• Age 30-39 baseline</li> <li>• Over age 40, yearly</li> </ul>   |