

A Day in the Life of a Exponential Signature Physical: An Exceptional Care Experience

Your health is our top priority at Exponential Health. Our Exponential Signature Physical are designed to provide you with a comprehensive and seamless healthcare experience. These physicals provide the same comprehensive care as traditional "Executive Physicals," but the name reflects our focus on unique personalization and accessibility.



Preparation for your Testing/Screening Day:

- Wear comfortable exercise clothing and tennis shoes
- Bring extra clothes to change into if you'd like to shower after your tests are complete
- Do not eat or drink anything for at least 6 hours prior to your test
- Take one anti-gas tablet such as Gas-X the night before the exam at bedtime and just before arriving for the exam the next day. A small sip of water with the tablets is acceptable.
- Do not eat green, leafy vegetables or beans in your diet the day before your exam.
- You may take your everyday medications with small sips of water EXCEPT those listed below (your physician will notify you if you are on any of these medications):
 - Beta blockers
 - Certain calcium channel blockers

PROVIDED:

- ✓ Private room to store valuables
- ✓ Shower and dressing facilities
- ✓ Folder to store your health information
- ✓ Light, healthy refreshments

TIER 1

Exponential Signature Physical includes:

- Comprehensive blood and genetic testing
- Treadmill EKG stress test (AKA – Cardiac stress test)
- Vascular Screening Test
- Skin Screening
- Coronary CT Calcium Score
- Comprehensive physician consultation scheduled on a separate day to review your curated results packet, provide interpretations, and discuss personalized recommendations.

TIER 2

Exponential Signature Physical includes:

- Comprehensive blood and genetic testing
- Treadmill EKG stress test (AKA – Cardiac stress test)
- Echocardiogram (Echo or Heart Ultrasound)
- Vascular Screening Test
- Skin Screening
- Coronary CT Calcium Score
- DEXA Scan
- Pulmonary Function Test
- V02Max
- Comprehensive physician consultation scheduled on a separate day to review your curated results packet, provide interpretations, and discuss personalized recommendations.

Please note, your day's agenda may vary based on any additional a la carte options selected.

Here's what your day will look like:

TIER 1 & TIER 2



DRIVE TO EXPONENTIAL HEALTH

Travel to Exponential Health to begin your Signature Physical screening/testing day. Our location is designed to offer a luxurious and relaxing environment for your continued care.

📍 2155 East Paris Ave, Suite 220 Grand Rapids, MI 49546



WARM WELCOME AND ROOM ASSIGNMENT

Upon arrival at Exponential Health, you'll be warmly welcomed by our staff and escorted to a private consultation room. Here, you will get your blood work, genetic testing, skin screening, and other initial tests to begin your day.



ARRIVAL AT EXECUTIVE PHYSICAL TESTING SITE:

📍 3210 Eagle Run Dr. NE

Your day will begin on the first floor of the building. Once you enter the building, take a left into the first door you see. When you arrive at the testing site, you will be greeted by our friendly staff. Your day begins in a welcoming environment designed to make you feel comfortable and at ease.



REGISTRATION & INTRODUCTION TO YOUR TECH

Upon registration, you will be introduced to a dedicated technician who will accompany you throughout the day. This personalized attention ensures that you have a seamless and stress-free experience.



PRIVATE ROOM ASSIGNMENT

You will be guided to a private room where you can relax and prepare for your tests. Our rooms are designed to provide a comfortable and serene environment, setting the tone for your day.



Vascular Screening

Your first test of the day is a vascular screening to evaluate the health of your blood vessels. This test helps detect any blockages or abnormalities in your arteries, ensuring early detection and prevention of vascular diseases.



Echocardiogram (Echo) - Tier 2 only

Next, you'll have an echocardiogram, a painless ultrasound test that provides detailed images of your heart's structure and function. This test is crucial for identifying any abnormalities in your heart.



Treadmill EKG Stress Test

You will then move to the Treadmill EKG Stress Test. This important assessment helps us evaluate your heart's response to physical stress. Our state-of-the-art equipment and expert staff ensure accurate results.



LIGHT HEALTHY REFRESHMENTS

After the stress test, we will have nutritious refreshments available tailored to your dietary preferences. Our goal is to nourish you with healthy, delicious food that supports your overall well-being.



Coronary Calcium Score

Next, you will undergo a Coronary Calcium Score test, which helps us assess the risk of coronary artery disease. This non-invasive test provides valuable insights into your heart health.



Expert Cardiology Analysis will be sent to your Exponential Health physician to review at your consultation.



• **SHOWER AVAILABLE at this step for Tier 1 only**

TIER 2 ONLY



DRIVE TO PERFORMANCE TESTING

📍 1925 Breton Rd SE Suite 130, Grand Rapids, MI 49506

Once you enter the building, enter the PTSportsPro entrance where your performance testing will be conducted.



WARM WELCOME AND INTRODUCTION



DEXA Scan Body Composition

DEXA Scan: A non-invasive way to measure body composition. Measures muscle mass, body fat, & bone density (helps determine risk of osteoporosis). **NOTE: Do not consume calcium supplements within 24 hours of your appointment. No special clothing required.**



Pulmonary Function

Pulmonary function testing: Uses spirometry to measure total lung capacity, how much air is exchanged during a given amount of time, and different rates of air flow. Helps determine obstructive or restrictive problems in lungs. **NOTE: please do not use any pulmonary medication (e.g., albuterol) prior to testing.**



VO2Max

VO2max: Tests cardiovascular endurance by measuring maximal aerobic capacity. Helps determine how well one's body is able to take in, transfer, and utilize oxygen to fuel exercise performance. **NOTE: Let us know if you would like a treadmill test or a bike test prior to your session. It is advised not to consume a large meal prior to testing. Come dressed to run/bike.**



• **TIME TO SHOWER**



• **CHECK-OUT**



Comprehensive Physician Consultation

Your scheduled physician day will include a physical and comprehensive consultation with one of our expert physicians. During this session the physician will review your results. Our physician will provide personalized recommendations based on your results, ensuring a thorough understanding of your health status and a tailored plan for ongoing wellness. You will also receive a comprehensive results packet to take with you that includes all medical findings, test results, and interpretations from our Exponential Health physician.

At **Exponential Health**, we are committed to providing a premier healthcare experience that prioritizes your comfort, convenience, and comprehensive care. Your Exponential Signature Physical is designed to offer the highest standard of medical evaluation and personalized attention, ensuring that you leave feeling informed, empowered, and on the path to optimal health.



Tests Explained:

TREADMILL EKG STRESS TEST



► What is it?

A treadmill EKG test is a type of cardiovascular stress test that uses exercise with electrocardiography (EKG) and blood pressure monitoring.

► How is it done?

You will be walking on a treadmill that goes steeper and faster every few minutes until your heart rate has reached a predetermined level. During this time your EKG and blood pressure are monitored closely. Once your heart rate has reached the target level or if you are having symptoms the treadmill will be slowed and lowered back to baseline. Your EKG and blood pressure will continue to be monitored during this time.

► How do you prepare?

You will need to wear comfortable exercise clothes and tennis shoes for this test. Your chest will be cleaned with an alcohol-based solution to provide a clean surface for adhesion of the electrodes. Occasionally a small area of your chest may need to be shaved if the electrodes are having a hard time picking up your heart's electrical signal. A blood pressure cuff will be placed on your arm. You will walk on a treadmill that goes steeper and faster every 3 minutes.

► How long does it take?

30-45 minutes.

► What information does it provide my physician?

A treadmill EKG stress test will provide your physician with information about your cardiovascular fitness level, assess for any significant coronary artery blockages, assess for any exercise induced heart rhythm changes, and assess for appropriate blood pressure response to exercise.

ECHOCARDIOGRAM



► What is it?

An echocardiogram uses sound waves (ultrasound) to create a series of pictures of your heart. These images show how blood flows through your heart and heart valves.

► How is it done?

You will be lying on your side on a specialized exam table as above. A sonographer will then use the ultrasound probe to take multiple images of your heart.

► How do you prepare?

You will need to have your bare chest exposed but you will be covered with a gown. A warm gel is placed on your chest that allows for the sonographer to obtain quality images of your heart.

► How long does it take?

45 minutes.

► What information does it provide my physician?

An echocardiogram will provide your physician with information about how well your heart is pumping blood out to your body, information about your heart valve function or congenital abnormalities of your heart.

VASCULAR SCREENING



► What is it?

- **CAROTID ULTRASOUND:**

This noninvasive test uses sound waves (ultrasound) to measure blood flow through the carotid arteries that supply blood to your brain.

- **ABDOMINAL ULTRASOUND:**

This noninvasive test uses sound waves (ultrasound) to measure blood flow in your abdominal aorta, the main artery that supplies blood to your abdomen and legs.

- **ANKLE BRACHIAL INDEX TEST:**

This noninvasive test uses blood pressure cuffs to take blood flow readings at various levels on your arms and legs.

► How is it done?

- **CAROTID ULTRASOUND:**

You will be lying on your back on a specialized exam table. A sonographer will then use an ultrasound probe to take multiple images of your neck arteries.

- **ABDOMINAL ULTRASOUND:**

You will be lying on your back on a specialized exam table. A sonographer will then use an ultrasound probe to take multiple images of your abdomen.

- **ANKLE BRACHIAL INDEX TEST:**

You will be sitting, and a series of specialized blood pressure cuffs will be placed on your arms and legs to measure blood flow.

► How long does it take?

45 -60 minutes.

► What information does it provide my physician?

- **CAROTID ULTRASOUND:**

This test gives your physician information about blood flow to your brain. Carotid stenosis or plaque formation is a risk factor for cardiovascular disease and stroke.

- **ABDOMINAL ULTRASOUND:**

This test gives your physician information about blood flow to your abdominal organs and legs as well as assesses the size of your abdominal aorta. Assessing for peripheral vascular disease and aneurysm.

- **ANKLE BRACHIAL INDEX TEST:**

This test gives your physician information about blood flow to your legs assessing for peripheral vascular disease.

CORONARY CALCIUM SCORE



► What is it?

CT coronary calcium score is a noninvasive computerized tomography (CT) scan to detect calcium deposits in the coronary arteries of your heart.

► How is it done?

A series of electrodes are placed on your chest, arms, and legs that will measure your heart's electrical activity during the CT scan. The radiology tech will then take CT images of your heart.

► How do you prepare?

Your chest will be cleaned with an alcohol-based solution to provide a clean surface for adhesion of the electrodes.

► How long does it take?

15 minutes.

► What information does it provide your physician?

Coronary calcium score tells your physician about the amount of calcium present in your coronary arteries and on your heart valves. Increased levels of coronary calcium are shown to be associated with a higher rates of coronary artery disease, valve problems, and increased risk for future heart attacks.

Contact us:

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