



PRIVATE MEDICINE

We have the tools to help you create a healthier, more rewarding lifestyle



 **THE MEDICAL CENTER** AT OCEAN REEF
ADVANCED CARE • ACCOMMODATING SERVICE • A MOMENT AWAY



OCEAN REEF'S MOST IMPORTANT COMMUNITY ASSET

The Medical Center at Ocean Reef is a year-round health care facility. Staffed by dedicated professionals including full-time and on-call physicians, nurse practitioners, nurses, physical therapists, radiology and laboratory technicians and support personnel. In addition to its highly trained physicians, the center offers access to 24 visiting physicians who offer more than 18 different specialties including Cardiology, Gynecology, Ophthalmology, Dermatology, Orthopedics and Psychology. On site, state of the art equipment and diagnostic capabilities include endoscopy / colonoscopy procedures, laboratory, physical therapy, 64 Slice CT Scanner, Digital X-Ray, Bone Density DEXA Scanner, Digital Ultrasound, Retinal Camera and Digital Audiometer. We can arrange specialty appointments for such services as endoscopy, colonoscopies, stress testing and more.

PRIVATE MEDICINE

An innovative, full service, primary care practice that serves a small group of individuals who make their health a top priority.

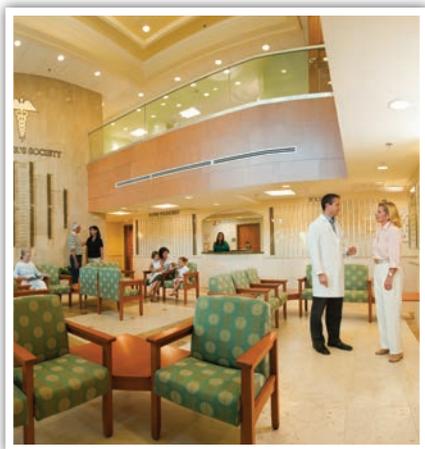
We deliver comprehensive preventive care and personalized follow up services with an emphasis on patient education and proactive screening.

By limiting the number of subscribers to the program, the private medicine staff is able to devote a greater amount of time and resources to each participating patient.

Program subscribers receive an initial extensive physical examination which includes risk factor assessment, health screenings, lab testing, imaging, nutrition and exercise counseling.

Additional diagnostic testing may be recommended by your physician and is available to Private Medicine patients.

Patients receive both printed and digital copies of their results which can be electronically accessed and shared with a doctor's office or hospital anywhere in the world.



WHAT YOU CAN EXPECT

- A comprehensive physical exam
- The same doctor that performs your physical also serves as your ongoing primary care provider
- Extensive doctor to patient consultation time included in your subscription
- A more intimate knowledge of your particular health issues, goals and preferences
- Follow up appointments typically available within 24 hours of request
- Dedicated support staff
- Same day response calls and prescription request processing
- Access to telephone and email consultations with your physician at no additional charge
- Complimentary access to HealthNetwork services and assistance in scheduling specialist visits
- The ability to jointly and comprehensively evaluate, plan and execute your health care goals





GETTING STARTED

- The comprehensive Private Medicine examination begins with an in depth physical examination and medical history review
- Extensive risk factor assessment
- Cardiovascular, neurological and cancer screening
- Weight management review and plan including nutrition and exercise counseling
- Medication and supplement interactions analysis and review
- Hearing and vision screening
- Digital retinal imaging
- Pulmonary function testing
- Comprehensive laboratory testing
- Resting electrocardiogram (ECG) and digital chest x-ray
- Where appropriate, additional specialized testing and/or imaging are available at an additional cost
- Optional formal fitness assessment and recommendations through the professionals at Ocean Reef Club Members Fitness Center
- A detailed written wellness plan and your medical records in digital format

PROGRAM ENHANCEMENTS

CAROTID INTIMA-MEDIA THICKNESS TEST (CIMT)

A high resolution ultrasound study of the carotid arteries that provides real-time measurement of the atherosclerotic plaque thickness within the wall of this important vessel. This is a safe, painless screen for atherosclerosis — an underlying cause of heart attack and stroke. Importantly, this test can also monitor for progression or regression of atherosclerosis over time.



ALSO AVAILABLE AT ADDITIONAL COST:

LP-PLA2 (LP ASSOCIATED PHOSPHOLIPASE A2)

A blood test that measures an enzyme that is highly specific to vascular inflammation and implicated in the formation of rupture prone arterial plaques.*



HS-OMEGA-3 INDEX

A blood test that measures your actual levels of omega-3 fats (DHA/EPA) to determine if they are in the desirable range (>8%) on your current diet and/or supplements. The risk for sudden cardiac death is reduced by up to 90% in individuals with the highest HS-Omega-3 Index. There is growing evidence of an association between Omega-3 biostatus and other conditions such as cellular aging, dry eye, macular degeneration, dementia, depression and joint health.*

NAVIGENICS (GENETIC SCREENING STUDIES)

A saliva sample is used to analyze your DNA for genetic risk markers associated with a wide variety of important health conditions and medication responses. Knowing your genetic predispositions to important health conditions and medication reactions can help motivate you to take steps towards a healthier life. By gaining insight into these risks, you can plan for a healthier future.

ADDITIONAL ADVANCED TESTING AVAILABLE*

*Included in Health Diagnostic Laboratory's Advanced Profile

IT'S ALL ABOUT ACCESS!

NUTRITIONAL SUPPLEMENT SERVICE

Direct access to Designs for Health, a professional-only line of supplements and nutraceuticals that meet the highest standards of quality, potency and scientifically based design.

DEDICATED TELEPHONE LINE

Direct access to a Private Medicine-staff member who has access to your complete medical record.

HEALTH NETWORK FOUNDATION

When your health demands a specialist beyond the care provided by the Medical Center, Health Network provides priority access to an extensive network that includes more than 30 of America's finest medical facilities, including Johns Hopkins, Mayo Clinic, MD Anderson, Baptist Health and Cleveland Clinic. Health Network medical coordinators help to research the best hospital for your needs, schedule your appointment with leading specialists and assist with preregistration and other hospital logistics.

SUBSCRIBE TODAY

Let us assess the most critical areas of your health and help you to establish your personal private medicine plan today!

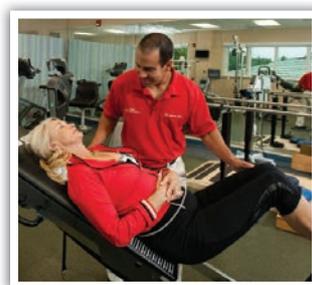
Prices effective October 1, 2012.

12 MONTH CYCLE OPTION

Includes a comprehensive physical exam and annual report. Full private medicine services as outlined annually. Primary Adult: \$2,250.00; Secondary Adult: \$2,000.00. (These fees are billed annually.)

24 MONTH CYCLE OPTION

Includes a comprehensive physical exam and report every other year. Routine physical in the in-between years. Full private medicine services as outlined annually. Primary Adult: \$1,750.00; Secondary Adult: \$1,600.00. (These fees are billed annually.)



FOR FURTHER INFORMATION CALL (305) 367-6715.



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