



AIHF Executive Health is individual and corporate wellness, on a national platform, built upon preventive medicine and total well-being, featuring a focus on physical fitness and nutrition, delivered through a comprehensive integrated provider team, in a state-of-the-art healthcare destination.



We provide our clients the opportunity to:

- Prioritize and invest in total health and well-being
- Expect the best healthcare providers
- Achieve a healthy lifestyle
- Optimize the quality of work
- Optimize the quality of life



There are programs for individuals, for executives, for spouses, and for corporate teams. The centerpiece is a one-day Total Well-Being Examination & Plan which includes a comprehensive physical, medical screenings, and an individualized lifestyle assessment culminating in a healthcare plan for life. The two other core programs are Medical On-Call, providing 24/7 access to an Executive Health Physician, and Continuous Wellness, emphasizing lifestyle changes in nutrition and exercise.



AIHF Executive Health is distinguished by:

- An individualized program that merges comprehensive medicine and healthy lifestyle
- A private destination setting in an innovative state-of-the-art healthcare and fitness center
- Optional ongoing programs and physician access
- An integrative team of board certified, proven providers working collaboratively in one location
- A unique healthcare plan for life



Each Executive Health client has a private suite with well-appointed desk, full bath, examination area, relaxation area, and a picturesque view of the lake.

I. Total Well-Being Examination

Total Well-Being Examination is a one-day, state-of-the-art comprehensive health screening examination, to address personal health and professional goal setting. Detailed information will be gathered regarding the individual's personal and family medical history, lifestyle habits, and job demands. The complete physical examination will include preventive medical screenings and age-appropriate tests.

The Total Well-Being Examination includes the following services:

- Comprehensive Examination*
- Screenings*
- Cardiovascular Risk Assessment*
- Nutrition & Weight Assessment*
- Musculoskeletal & Fitness Assessment*
- Therapeutic Massage*
- Know Your Number® Disease Risk Profile*
- VitalChart® Personal Health Record*

II. Medical On-Call

Medical On-Call is designed to offer our convenient, 24/7 access to an AIHF Executive Physician.

Medical On-Call includes the following services:

- Phone consultations*
- Same-day appointments*
- Follow-up care coordination*
- On-site emergency travel*
- Travel medicine consultations and immunizations*

III. Continuous Wellness

Continuous Wellness combines education and support to encourage and empower individuals to make positive lifestyle changes as a means to achieving optimal health.

Continuous Wellness includes the following services:

- Individualized Action Plan*
- Care Coordination*
- Progress Checks*
- Client Help Line*