

## Executive Health Assessment



You're busy, your job demands your very best. The POTENTRx Executive Health assessment is de-signed to keep you performing at your peak. We bring our experience and scientific expertise and focus on you and your needs.

Our program begins with a thorough review of your health concerns and a comprehensive medical examination personally conducted by our medical director, Dr. Sarah Speck. Your individualized fitness assessment is reviewed by our Exercise Physiologist, to develop a plan to provocatively address the demands of your job and your health concerns. Because we realize your time is valuable, your private consultation with Dr. Speck and our Exercise Physiologist at the end of your appointment will summarize our findings and discuss our recommendations for getting you to your next goal.



### Overview

#### • MEDICAL EXAMINATION

Includes the following:

- Comprehensive History and Physical
- Blood Laboratory Profile
- Specialized Lipid Blood Lab
- Genomic Testing
- Gender-specific Tests
- Non-invasive Imaging—carotid artery
- Coronary Artery Calcium Scan available upon request

#### • NUTRITIONAL ASSESSMENT

An optional assessment with our nutritionist is available upon request.

#### • POST-ASSESSMENT EXERCISE ASSISTANCE

Our exercise physiologist will provide more specific exercise recommendations for you if desired. Formal training sessions are also available upon request.

#### • FITNESS ASSESSMENT

Includes the following:

- Body Metrics
- Body Composition
- Resting Metabolic Rate (RMR)
- Spirometry (Lung Function Test)
- Resting ECG
- Cardiopulmonary exercise test (ECG monitoring and VO2 max)
- Flexibility Testing
- Strength Testing

#### • POST-ASSESSMENT CONSULTATION

The consultation presents results from the assessment, offers health and fitness training recommendations and any needed referrals for additional medical diagnostic testing or health and fitness interventions.



## S.H.A.P.E.

Stroke + Heart Attack Prevention Evaluation



Nutrition Consultation  
& Coaching



Medically Supervised  
Lifestyle Coaching



Wellness University



Executive Health Assessment



Exercise Prescription  
& Monitoring

Please see our flyers for additional information or ask one of our staff. We would be happy to discuss any of our services and pricing with you. Note: We do not bill insurance for our services.

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### POTENTRx Founders

Sarah Speck, MD- board certified cardiologist and medical director of the Swedish Heart & Vascular Institute Cardiac Wellness Program. With her help, the Institute has become a national leader in the early detection and prevention of heart disease, disease-reversal and disease management techniques.

Dan G. Tripps, PhD- concluded his academic career at Seattle University, leaving the position as Director of Center for the Study of Sport and Exercise to co-found POTENTRx with Dr. Speck. Dr. Tripps has coached world-class athletes, served as Executive Director of the Olympic Scientific Congress during the 1984 Olympic Games, and has published 12 books on achievement and performance. His expertise helped craft the protocols and exercise prescription methods currently in use at POTENTRx. He is retired as of 2019.