

Frequently Asked Questions



Executive Health Department

Q. How much notice is required to schedule an executive physical appointment?

- A. The Iowa Clinic schedules 4-6 weeks out for executive physicals.

Q. How much time should I anticipate for my executive physical visit?

- A. The Iowa Clinic Executive Health Program is streamlined into a 6-7 hour timeframe and all services are performed in one building.

Q. I receive an annual physical yearly. How is the executive physical different?

- A. The executive physical is more extensive than an annual physical. The day consists of an expanded lab panel, an hour-long comprehensive physical exam with an executive health physician plus a 30-minute sit down results review at the end of the day. Also included are cardiac screenings and tests, dermatology skin assessment, comprehensive hearing test, lung function test, bone density screening, mammogram, and a variety of well-being options. The Iowa Clinic targets and identifies an executive's health risks and offers recommendations for a successful health management strategy.

Q. I have participated in other executive health programs. How is The Iowa Clinic's program different?

- A. Three things set us apart from our competition. Quality, convenience and our commitment to delivering an exceptional patient experience. We are local and all exams and tests are completed in one day and in one building. No need to travel out of state for 2-3 days. Individuals will receive same day results and a sit down to review them with the Executive Health Physician at the end of their day. Our Executive Health Coordinator meets you at the door at the beginning of your day and takes you to and from all of your appointments; there is no time spent in waiting rooms. A private executive lounge is part of the personalized experience and will be your headquarters throughout your day.

Q. How often should I do an executive physical?

- A. This can vary based upon your employer, health status or personal preference. Often times, executive physicals are scheduled on an annual basis. The Iowa Clinic Executive Health Physicians can help you determine ongoing frequency after your initial executive physical.

Q. I am looking for a primary care doctor. Do the Executive Health Physicians accept new patients through the Executive Health Program?

- A. Yes, once the executive physical is completed you can request to establish ongoing care with the physician during your review or ask our Executive Health Coordinator.

Q. I already have a primary care provider. Can I schedule an executive physical, but follow up with my established primary care provider.

- A. Absolutely, we can provide the executive physical and you can continue seeing your established primary care provider. We can even forward your results to your primary care provider per your request. We provide same day results and you leave with a copy of those results in a binder.

Q. Do I need to provide my past medical records before my executive physical appointment?

- A. Our Executive Health Coordinator will help determine if any prior medical records need requested for your visit day once you schedule the executive physical appointment.

Q. Will the executive physical visit run through insurance?

- A. As an individual or company, you have the option to pay for the services directly or process your insurance and pay for all the amounts that are unpaid, including copay, deductibles, etc.