Because the health of your business depends on your own.
EXPRIENCE  the executive wellness exam
that’s just as much a getaway as it is a
chance to “get it done.”

Nationally recognized wellness leader Prevea Health and the exclusive resort community of Kohler have come
together to provide a health experience unlike any other. The LeadWell Executive Wellness Experience
in Kohler combines state-of-the-art, completely customized medical assessments by Prevea Health with the
outstanding amenities of one of the Midwest’s most exclusive properties, The American Club® resort.

You’ll have the dedicated, personal attention of the program’s Medical Director and other health care experts
who will assess all aspects of your medical history, physical status, and lifestyle habits. The Executive
Wellness Experience offers an enjoyable getaway where you get the comprehensive wellness report you
need to lead your business with peace of mind.
Wellness Exams help keep you and your company’s success going.
The American Club® in Kohler. Wisconsin’s most elegant private retreat.

The American Club resort boasts the ultimate in luxurious accommodations, including the private retreat of Riverbend. Once home to the former Wisconsin governor Walter J. Kohler, Sr., the Tudor-inspired estate was designed in 1923 by prestigious architect Richard Philipp and the world-renowned Olmsted brothers.

Thirty-one handsomely appointed guest rooms feature inviting Italian linens, exquisitely hand-painted beds, and cozy fireplaces. Guests may also explore the property’s two dining rooms, solarium, living room, Rathskeller, meeting rooms, spa with treatment areas, indoor-outdoor year-round swim-through pool, steam room, sauna, whirlpool and exercise equipment.

The estate’s spacious grounds are accented by various gardens, a tea-house, a croquet court, an outdoor massage area adjacent to a river fall, and a self-piloted awning-covered electric boat for enchanting river cruises.
EXECUTIVE WELLNESS GUESTS will enjoy, among other things, a heated outdoor pool in a forest garden.
Experience world-class luxuries found only in Kohler.

LeadWell Executive Wellness guests not only experience the finest amenities but also have access to the many exclusive activities Kohler and the surrounding area have to offer.

Golf enthusiasts will enjoy preferential tee times at two renowned golf venues, Blackwolf Run® and Whistling Straights®. Blackwolf Run is regularly ranked in “America’s 100 Greatest Public Golf Courses” by Golf Digest and the “Top 100 You Can Play” by GOLF Magazine. Whistling Straights features two courses inspired by the Irish countryside and has often been host to professional championship tournaments. Golf Odyssey has called Whistling Straights, “the best golf resort in the world.”
Your Executive Wellness concierge is available to help plan and customize your experience with exclusive offerings. Contact us at *(920) 405-1460* to get started.

From Riverbend, outdoor adventurers can take a boat down the Sheboygan River to River Wildlife, a 500-acre nature preserve. You’ll spend time hiking and horseback riding, fly-fishing, cross-country skiing, pheasant hunting, hitting the trap range and sporting clays.

Executive Wellness guests also receive access to the Sports Core Health & Racquet Club. From swimming and tennis to group fitness classes and state-of-the-art salon services, Sports Core offers a wide range of activities and opportunities to enhance your fitness and outlook on life.

**EXECUTIVE WELLNESS GUESTS** receive access to River Wildlife, the Sports Core Health & Racquet Club and the Kohler Waters Spa.

At Kohler Waters Spa, guests will experience massage as an art form with special attention to unique therapeutic water services. Lounges offer hot and cool plunge pools, saunas, and steam rooms.
EXPERIENCE the highest caliber of personalized care from Prevea Health.

With 21 health centers across Northeast Wisconsin and the Lake Michigan shoreline, Prevea Health has been providing innovative healthcare to thousands since 1996 and is recognized by the American Medical Group Association as a leader in today’s wellness movement. They are also one of the first medical clinics to be recognized by Press Ganey for high quality customer service.

From preventive care and wellness education through early diagnosis, groundbreaking treatment and rapid recovery, Prevea providers are 100% dedicated to their patients’ complete and lasting well-being. With the groundbreaking technology and outstanding facilities of Prevea health centers and three regional hospital partners; the MyPrevea website and mobile app that give patients secure, online access to view test results, schedule an appointment, email their doctors, etc.; and more than 200 compassionate experts; Prevea is committed to bringing patients the highest level of care, with comfort and convenience.
EXECUTIVE WELLNESS GUESTS will experience:

- A personal concierge to craft your customized experience and guide you throughout your stay
- The dedicated attention of the Executive Wellness Medical Director in collaboration with a team of leading medical specialists
- A thorough health review with a focus on preventative care, including early detection screenings
- Real-time access to all test results and assessments during your stay
- Access to in-house wellness and fitness programming
- A comprehensive wellness report with the results of your experience, including your personal health goals, guidance for lifestyle changes, and all needed digital files for your records or future medical appointments
The LeadWell Executive Wellness Experience empowers executives to take charge of their health, avoid illness and secure their ability to lead their own organization for years to come. We provide a custom diagnostics plan to help you develop an awareness of your current health situation as well as the strategies that will enrich your health and well-being.

EXPERIENCE comprehensive services in the utmost of comfort.
**Physical Examination**

Your personal Executive Wellness physician will perform a complete physical examination. Depending on your circumstances, the following tests may be included:

- A Prostate Exam, recommended for men aged 50 and older or men with certain risk factors, such as family history
- A Pelvic Exam and Pap Test for women who are due for this exam

**Blood Chemistry Panel**

During your exam, a blood sample will be obtained for a variety of laboratory screening tests to check for overall health as well as screen for a number of diseases and disorders, such as anemia, diabetes, thyroid disease, and liver and kidney diseases. A lipid panel is done to assess for cardiac and stroke risk factors. For men over 50 or at increased risk, testing also includes a Prostate Specific Antigen (PSA) screening for prostate cancer.

**Executive Wellness Blood Tests Include:**

- Complete Blood Count (CBC)
- Comprehensive Metabolic Panel
- Lipid Panel
- Thyroid-stimulating Hormone (TSH)
- C-reactive Protein
- Vitamin D level
- Prostate-specific Antigen (PSA, men only)
- Hemoglobin A1-C (for those with diabetes)

**Urinalysis**

A urinalysis is performed to check for signs of infection, blood glucose, or abnormal protein in the urine. These can be the result of liver, kidney, or other disorders.

**Fecal Immunochemical Test (FIT)**

The FIT detects hidden blood in the stool and is one of several tests recommended for colorectal cancer screening. Based on your personal health history, your physician may recommend this test for you.

**Spirometry**

Spirometry analyzes pulmonary (lung) function and is an important tool in assessing conditions such as asthma, pulmonary fibrosis, cystic fibrosis, chronic bronchitis and emphysema.

**Hearing Screening**

A board-certified audiologist will perform an audiogram to detect potential problems related to sound frequencies and tones.

**Chest X-Ray (Current or Former Smokers)**

An x-ray of the chest is done to visually check for lung abnormalities.

**Prior to your arrival, your Executive Wellness Experience will begin with a medical and family history review. Your personal physician will review this information and may recommend additional testing specific to your needs. At your Executive Wellness appointment, you and our Executive Wellness Medical Director will review your medical and family history, discuss your specific health needs, and the following services will be scheduled as appropriate:**

**Empowering Executives to take charge of their health and secure their ability to lead for years to come.**
EXERCISE STRESS TEST
A test where you increase your level of exertion on a treadmill while monitored to evaluate your heart’s response to exertion. It can detect potential problems in heart rhythm, ischemia (blood flow to the heart) and exercise tolerance.

MAMMOGRAM (WOMEN)
The American Cancer Society recommends that a mammogram be performed annually beginning at age 40 in women to screen for breast cancer.

WE UNCOVER a clear picture of your total health with a fully customized diagnostics plan.

VASCULAR SCREENING
Vascular screening is used to detect vascular disease in the general population before it has a chance to cause harm. This comprehensive screening test includes:

- Ultrasound of the carotid arteries to detect blockage that could lead to a stroke
- An ankle brachial screening, using blood pressure cuffs on the arms and ankles, to detect peripheral arterial disease
- Ultrasound to screen for abdominal aortic aneurysm

NUTRITION CONSULTATION
You will have the chance to meet with a registered dietician to discuss your diet and develop a customized nutrition plan that will take into account your needs and lifestyle.

SMOKING CESSATION CONSULTATION (CURRENT SMOKERS)
A registered nurse will meet with you to discuss your needs and develop a plan to help you quit smoking.

SLEEP APNEA LINK (AT RISK INDIVIDUALS)*
This non-invasive take-home device monitors your heart rate, blood oxygen levels, airflow, and breathing patterns while you sleep to check for signs of trouble in your sleeping patterns.

*Based on response to Sleep History Questionnaire

BONE DENSITY SCAN
(WOMEN > AGE 65, MEN > AGE 70, HISTORY OF FRACTURE > AGE 50)
Screening test for osteoporosis (low bone density) in post-menopausal women, or men/women at increased risk.

HEALTH AND WELLNESS EVALUATION
Your complete health and wellness evaluation will include a fitness assessment and one-on-one consultation with a personal trainer. You and your trainer will develop an individual exercise plan specifically tailored to your personal needs, lifestyle, and fitness goals.
Your Executive Wellness Experience physician may recommend one or more of the following services based on your individual needs. Please consult your Executive Wellness Concierge for fees and other inquiries, including the potential for an extended stay. Coverage through insurance may vary per employer. Your concierge can also assist you with scheduling any recommended follow up specialty appointments that result from your physical.

**COLONOSCOPY**
A colonoscopy can detect both colorectal polyps and cancer. The American Cancer Society recommends that adults aged 50 and over of average risk receive this test every 10 years. Due to the preparation and time involved, this test must be done on a separate day from the rest of your physical.

*This service is billed to your health insurance if it is a covered benefit. You will need to provide your insurance information to your Executive Wellness Concierge prior to scheduling.

**NUCLEAR STRESS TEST**
This nuclear imaging cardiology stress test shows how blood flows into the heart muscle at rest and during exercise, with clear pictures of the different regions of the heart. It helps determine if you have evidence of heart disease.

**TRAVEL MEDICINE CONSULTATION**
If you are planning on traveling abroad for business or pleasure, you may speak with our nurse specialist in travel medicine. You will receive up-to-date recommendations to ensure your safety and well-being while traveling internationally. Preventive medications, immunizations, and prescriptions will be suggested based on your travel itinerary.

**COSMETIC REJUVENATION**
We are pleased to offer cosmetic options that refresh your skin and renew your spirit. Start with an aesthetic consultation to create a personalized treatment plan. Noninvasive procedures, such as Botox®, are designed to help you look and feel your best. And, should you wish, Prevea’s board certified plastic surgeon is available for consultation.
Suzanne Herold, MD, our Executive Wellness Medical Director, has developed an approach to medicine specifically with the busy executive in mind. She understands how highly valuable your time is, and also how highly motivated you are. She will work with you to focus that motivation on your health with a creative plan that fits the way you function.

Dr. Herold is board certified in internal medicine, Vice President of the Kohler School Foundation, a member of the Wisconsin Medical Society and a board member of Friends of St. Nicholas Hospital. She completed medical school and her residency at the University of Virginia in Charlottesville. Later at the University of Rochester, she served as Senior Faculty Instructor of Internal Medicine and received the school’s prestigious clinical teaching award. Prior to her position as Executive Wellness Medical Director, she had a private practice in internal medicine.

Suzanne has three young children with her husband Dr. Jeffrey Herold, is a committed yoga practitioner, accomplished ballet dancer, and aspiring runner.

“I believe if you live well, you will lead well.”
Suzanne Herold, MD

“Reconnecting executives with taking care of themselves is good for them. It’s good for their families. It’s good for their companies. It’s good business.”
Experience confidence in a choice well made. Schedule your Executive Wellness Experience today.

Our dedicated Executive Wellness Concierge is available to answer any questions you may have about the LeadWell Executive Wellness Experience and help you start your getaway. Please contact our concierge at (920) 405-1460 or LeadWell.Executive@prevea.com.