

EXECUTIVE WELLNESS EXPERIENCE

Because the health of your business
depends on your own.





The Executive Wellness Experience in Kohler delivers the ultimate executive physical from nationally recognized wellness leader Prevea Health, customized to your personal health needs and tailored to a timeline that works for you.

The health of your organization is only as secure as your executives' well-being. The Executive Wellness Experience supports the long-term productivity of you and your company's key players. We deliver a comprehensive, affordable medical assessment, provided with the premier customer service for which Prevea Health is known.

Nothing is spared during the executive experience. From the concierge who escorts you from appointment to appointment, to the personal attention of the program's medical director and other health care experts, to the real-time access to test results and assessments, your executive physical is a personalized experience.

Executive Wellness guests enjoy a premier experience, including:

- A personal concierge to craft your customized experience and guide you throughout your visit
- 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 preventive care, including early detection screenings and a dietary review
- Review and update of medications and immunizations including those needed for international travel
- A heart (cardiovascular) fitness evaluation
- Availability of in-house wellness and fitness programming
- Real-time access to all test results and assessments during your stay
- A comprehensive wellness report with the results of your experience, including your personal health goals, guidance for lifestyle changes and a list of future appointments

Confidential and comprehensive, the Executive Wellness Experience delivers peace of mind.

Before and after, executives enjoy the grander Executive Wellness Experience beyond the physical, including first-class accommodations and many luxurious amenities at Destination Kohler, an exclusive, world-class resort community featuring a five-star spa, golf, outdoor activities and premier dining. It's no surprise that executives from companies throughout the region choose the Executive Wellness Experience for their wellness exams.





Wellness exams help to keep you and your company's success going.

Experience comprehensive services in the utmost of comfort.

The Executive Wellness Experience empowers executives to take charge of their health, avoid illness and secure their ability to lead their organizations 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.

Our program medical director, Suzanne Herold, MD, is an experienced internal medicine physician with extensive experience in evaluating health risk factors and working with people experiencing symptoms of illness or injury.

Dr. Herold personally coordinates your care.

Prior to your visit, we begin creating a comprehensive medical, dietary and family history profile. Dr. Herold reviews this information in advance of your visit and may recommend additional testing specific to your needs. At your executive physical, Dr. Herold will discuss your health information with you in detail and address your health questions or concerns. You also will receive the following services:

Physical examination

Your personal Executive Wellness medical director will perform a thorough physical examination, including a Pap/pelvic exam for women if due.

Laboratory tests

During your exam, we will perform 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, and thyroid, liver and kidney diseases. A lipid panel is done to assess for cardiac and stroke risk factors. For men older than age 50 or at increased risk, testing also includes a Prostate Specific Antigen (PSA) screening for prostate cancer.

These tests include:

- Complete Blood Count (CBC)
- Comprehensive Metabolic Panel
- Lipid Panel
- Thyroid-stimulating Hormone (TSH)
- Vitamin D level
- Prostate-Specific Antigen (PSA, men only)
- Hemoglobin A1-C (for those with diabetes or elevated fasting glucose)
- Hepatitis C Antibody: one time screening for those older than age 18

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.

Exercise stress test

Interpreted by a cardiologist, this test increases your level of exertion on a treadmill while your heart's response to exercise is monitored. The test can detect potential problems in heart rhythm, ischemia (impaired blood flow to the heart) and exercise tolerance.

Vascular screening

Vascular screening is used to detect conditions that affect the circulatory system before they have a chance to cause harm. This comprehensive screening test includes:

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

Heart calcium scoring

A simple exam can detect years of plaque build-up long before you may have symptoms of heart disease. This test is generally beneficial for individuals between the age of 40 and 70 as well as for individuals with the following risk factors: high cholesterol levels, family history of heart disease, diabetes, high blood pressure, cigarette smoking, overweight or obese, or physically inactive.

Lung function testing (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.

Low-dose chest CT (if indicated)

Low-dose chest CT is a screening test for lung cancer. An X-ray machine scans the chest and uses low doses of radiation to make a series of detailed pictures of the lungs. It is recommended for adults aged 50 to 80 who have a 20 pack year smoking history and currently smoke, or have quit within the past 15 years.

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.

Nutrition consultation

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

Hearing screening

An audiogram will be performed by a registered nurse to detect potential problems related to sound frequencies and tones.

Fitness and strength 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 individualized exercise plan tailored to your personal needs, lifestyle and fitness goals.

Cologuard (if indicated)

Cologuard is a noninvasive colon cancer screening test for adults 45 years or older who are at average risk for colon cancer. Using stool DNA science, this test can detect both cancer and pre-cancer.

Mammogram (if indicated)

The American College of Physicians recommends that women at average risk for breast cancer ages 40 to 49 should have the choice to begin breast cancer screening with mammograms if they wish to do so. Women ages 50 to 74 at average risk should get mammograms at a minimum every two years.

Bone density scan

This is a screening test for osteoporosis (low bone density) for post-menopausal women age 65 and older, men age 70 and older or those with increased risk for fractures.



Additional services we may recommend

Your Wellness medical director 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 also can 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 United States Preventive services Task Force (USPSTF) recommends that adults aged 45 and older 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. We can schedule this for a later date with the proper physician and at a location convenient to you.

Nuclear stress test*

A 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 to 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 travel

medicine specialist. 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. Prevea's board-certified plastic surgeon is available to meet with you. Should you wish, you can learn about noninvasive procedures, such as Botox®, which are designed to help you look and feel your best.

**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.*



About Prevea Health

Prevea Health has provided innovative health care to communities across Eastern and Western Wisconsin since 1996. We've been recognized by the American Medical Group Association as a leader in today's wellness movement, and pride ourselves on our high-achieving and patient-focused associates. Prevea Health has been named one of Achievers 50 Most Engaged Workplaces in the nation; the organization is also accredited as a Commercial Accountable Care Organization by the National Committee for Quality Assurance (NCQA).

From preventive, coordinated care and wellness education through early diagnosis, groundbreaking treatment and rapid recovery, our providers are dedicated to patients' complete and lasting well-being. It's more than a statement. It's a promise – the Prevea Promise that every Prevea employee embraces

every day, listening to your concerns, understanding your needs, sharing compassionate service and recognizing and respecting your individuality.

Prevea offers groundbreaking technology, outstanding facilities and an abundance of specialty areas, many of which are not found elsewhere in the region. We also offer an ever-evolving model of care that embraces developments like the Patient Centered Medical Home (through which patients have an ongoing and focused relationship with their health care team). MyPrevea – available online and as a smartphone app – capitalizes on technology to provide patients secure, online access to view test results, email their doctors and make appointments anytime, anywhere.

Experience the undivided attention of our expert medical director



“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.”

Suzanne Herold, MD

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 motivated you are. She will work with you to focus that motivation on your health with a creative plan that fits your lifestyle.

Dr. Herold believes the Executive Wellness experience is an important opportunity to take the time that many people do not set aside in today's busy world, to invest in your own health and well-being. The entire day is focused on you. By refocusing on your health and your needs, the payoffs will multiply. Not only will you reap the benefits, but you will lead by example, inspiring healthy living within the workplace, within your family and within the community.

Dr. Herold is aware that many executives either do not have a primary care physician, or they do not see their physician regularly. Having an executive physical often reintroduces them to the health care system and/or reminds them of the importance of preventive care. It's also advantageous to have a physician with a new perspective evaluate a client comprehensively.

Dr. Herold is board-certified in internal medicine, a member of the Wisconsin Medical Society and The American College of Physicians. 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, Dr. Herold had a private practice in internal medicine.

Dr. Herold and her husband, Dr. Jeffrey Herold, have three children. She is a committed indoor cyclist, accomplished ballet dancer and book lover.



Experience Destination Kohler and its world-class amenities

Executive Wellness guests not only enjoy Wisconsin's most elegant resort in terms of luxurious accommodations, but also have access to many activities and amenities that Kohler and the surrounding area have to offer.



Renowned golf venues.

Blackwolf Run® and Whistling Straits® challenge the pros while providing the amateur golfer a fair and unforgettable test. All four courses between the two venues were chosen for the 2017/2018 America's 100 Greatest Golf Courses by *Golf Digest*. Created by legendary golf course designer Pete Dye, they have hosted three PGA Championships, the Andersen Consulting World Golf Championships, a U.S. Senior Open, two U.S. Women's Opens and the 2021 Ryder Cup.

Kohler Waters Spa.

Release stress and reconnect with yourself at Kohler Waters Spa, one of only 60 five-star spas worldwide. Experience the healing power of water with the latest bathing and hydrotherapy treatments and results-oriented facial and body services. From soothing, water-inspired treatment rooms to inviting respite room areas and the warm relaxation pool, Kohler Waters Spa provides well-being around every corner. Enjoy the enclosed rooftop deck with whirlpool, fireplace and lounge — a relaxing co-ed area to be enjoyed year-round.

Health and wellness.

Located on the shores of Wood Lake, enjoy state-of-the-art facilities and programming at Sports Core Health & Racquet Club, Yoga on the Lake and Bold Cycle. With more than 100,000 square feet of facility space, Sports Core offers a wide range of activities, from swimming and tennis to group fitness classes. Yoga on the Lake welcomes all to yoga in its soothing space, a comfortable environment to experience a connection of body and mind. Bold Cycle indoor cycling studio encourages individuals to increase their overall well-being through an exhilarating cycling experience.





Gardens of Kohler.

Experience a true garden community, from the lush gardens of Destination Kohler to The Shops at Woodlake and the championship golf courses of Blackwolf Run® and Whistling Straits®. Enjoy all the natural areas and artwork that weave throughout quaint neighborhoods by taking a guided or self-guided tour through Kohler's Botanical Gardens.

Arts and culture.

The Kohler Design Center is a three-level showcase of innovative product design and technology, creative achievement and American history. The John Michael Kohler Arts Center presents contemporary American art with emphasis on craft-related forms, folk traditions, new genres and the work of self-taught artists.

Shopping.

An intimate and wonderfully walkable village, Kohler offers unique shopping experiences. The Shops at Woodlake Kohler, a collection of more than 20 specialty shops, boutiques and restaurants, offers women's and men's apparel, gifts, intimate attire, fragrances and more.



Premier dining.

Kohler is known for its premier dining experience. With the options available, you can't go wrong when it comes to your dining choice.

- The Immigrant Restaurant is a four-star showcase restaurant as well as The Winery Bar located adjacent to it.
- The Horse and Plow is a casual historic tavern that was once the taproom for immigrant workers at Kohler Co.
- The Greenhouse is known for its desserts, homemade ice cream, European pastries and coffees.
- Taverne on Woodlake providing tasty wood-fired cuisine.
- Woodlake Market Atrium Café or Awakening at Woodlake Market offers organic smoothies, smoothie bowls, cold pressed juice, coffee creations and grab-and-go lunch and dinner options.
- At Whistling Straits enjoy a mixture of innovative and classic cuisine with British influences.
- Blackwolf Run features regional cuisine, such as corn sausage chowder, Alaskan wild-caught salmon, stuffed and smoked pork chops and premium steaks.
- River Wildlife is a distinguished dining club that offers truly unique, naturally secluded sanctuary for guests to get down to business or escape from it.
- At The Wisconsin Room enjoy elegant, farm-fresh cuisine in an elegant, yet approachable atmosphere.
- Savor original recipe chocolates at Kohler Chocolates.

Outdoor adventure.

No matter the season, the outdoors beckons at Kohler, including an exhilarating adventure paddling down five miles of the rambling Sheboygan River in one of our canoes or single-person kayaks, charter fishing, self-guided river fishing, horseback riding, trapshooting and hiking in summer to cross-country skiing, ice skating or snowshoeing in the crisp winter air.



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 Executive Wellness Experience.

Please contact our concierge at **(920) 459-4797** or **ExecutiveWellness@prevea.com**.





Prevea.com/ExecutiveWellness