

# EXECUTIVE WELLNESS EXPERIENCE

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BECAUSE THE HEALTH  
OF YOUR BUSINESS  
**DEPENDS ON YOUR OWN.**





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**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.**

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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 Kohler, Wisconsin, an exclusive, world-class resort community featuring a five-star spa, championship golf, outdoor activities, boutique fitness 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. For women, Pap testing is offered as indicated as a screening test for cervical cancer.

These tests include:

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

## 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.

## 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 certified audiologist 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.

## Sleep Apnea Link (if indicated)

This non-invasive take-home device monitors your heart rate, blood oxygen levels, airflow and breathing patterns when you sleep to check for signs of trouble in your sleeping patterns.

## Bone density scan (if indicated)

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.

## 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.



# 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 Kohler, Wisconsin and its world-class amenities

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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.

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## Renowned golf venues.

Blackwolf Run® and Whistling Straits® challenge the pros while providing the amateur golfer a fair and unforgettable test. Comprised of four - 18 hole championship courses created by legendary golf course architect Pete Dye, together 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 4th floor enclosed patio with premium amenities, including a KLAFS Ice Cave, KLAFS Infrared Sauna, a revitalized lounge area, a beautiful double-sided fireplace and an upgraded whirlpool featuring a stunning water display.

## 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 Kohler, Wisconsin 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.



## Discover Your Perfect Plate: An Unforgettable Culinary Journey at Kohler

Kohler isn't just known for luxury — it's celebrated for an **unparalleled dining experience** that promises to delight every palate. With a diverse array of exceptional restaurants, your culinary adventure at Kohler is guaranteed to be a highlight of your stay. Here's a taste of what awaits you:

**The Immigrant Restaurant:** Indulge in a **four-star culinary showcase** with nightly 5- and 8-course menus crafted by the Chef. Adjacent to it, **The Winery Bar** boasts one of the most exclusive whiskey lists you'll find anywhere.

**The Horse and Plow:** Step back in time at this **casual, historic tavern**, once the lively taproom for Kohler Co. immigrant workers. Enjoy hearty pub plates, burgers, sandwiches, and the **largest selection of beer on the resort**.

**The Greenhouse:** Immerse yourself in a **historic atmosphere** while savoring exceptional coffees, decadent desserts, homemade ice cream, and exquisite European pastries. They also offer a variety of wellness-focused options.

**Taverne on Woodlake:** Experience the crave-worthy **Taverne-Style Pizzas** and other delicious **wood-fired cuisine**, all prepared in a **100% seed-oil free environment**.

**Awakening at Woodlake Market:** Fuel your day with **organic smoothies, vibrant smoothie bowls, refreshing cold-pressed juices, and creative coffee concoctions**. Perfect for convenient grab-and-go lunch and dinner options.

**Whistling Straits:** Enjoy a blend of **innovative and classic cuisine**, featuring inspiring land and sea dishes. This restaurant was recognized as a **Top 10 Golf Restaurant in America in 2025**.

**Blackwolf Run:** Delight in **regional and sustainable cuisine**, from comforting corn sausage chowder and succulent king salmon to perfectly prepared steaks. Don't miss their famous brat and cheese board - you'll want to come back for more!

**River Wildlife:** Discover a **distinguished dining club** offering a truly unique, naturally secluded sanctuary. It's the ideal setting for focused business or a peaceful escape.

**The Wisconsin Room:** Experience a classic **Steakhouse** showcasing a wide variety of **prime cuts of meat and seafood** flown in fresh from across the country.

**Kohler Chocolates:** Savor the exquisite taste of **original recipe chocolates**, a sweet indulgence you won't want to miss.

## Outdoor adventure.

No matter the season, the outdoor 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, hunting and hiking in summer to cross-country skiing, ice skating or snowshoeing in the crisp winter air at Frozen Fairways.



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](mailto:ExecutiveWellness@prevea.com)**.





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