Frequently Asked Questions

Information Request

What is the Stanford Executive Health Program?
The Stanford Executive Health Program is designed to complement your current healthcare resources and provides a comprehensive view of your medical condition—through a range of specialized medical services—and a tailored health plan to ensure you are optimizing your overall health and wellness, independent of a specific medical condition. You gain direct access to your physician and will be provided with a personal “Health Navigator” who will help guide you through the entire process.

Our range of services allows our highly trained team of physicians to fully understand your complete health situation, including potential future risks and concerns. Considering your Health History, Nutrition Profile, any current health symptoms or concerns, physical examinations, and customized itinerary of lab tests and procedures, your physician will provide a realistically achievable plan, built specifically for you, that outlines simple steps towards reaching your ongoing health goals.

What procedures are performed?
A combination of physical exams and lab tests will be used to understand your current health situation as well as to identify potential future issues, conditions, or concerns. Specific procedures depend on your needs.

Our team will consider your Health History, Nutrition Profile, any current health symptoms or concerns, physical examinations, and customized itinerary of lab tests and procedures to craft a tailored itinerary of tests and procedures during your time at Stanford Hospital & Clinics.

How much time does the program take?
All tests, procedures, and exams typically occur over the course of one day. As needed, additional time will be spent either during your one-day visit or with follow up visits.

How is the program unique?
The top reasons our patients tell us they love this program is because of the service, thoroughness, efficiency and expertise of everyone involved. They also value the follow-up care they receive and ability to see a variety of specialists at a teaching institution.

We think our program is unique because we provide high-touch, high-end healthcare – tailored to you and your needs – and focus on proactive and ongoing health management. Most unique, is the day-of and ongoing care you will receive from our entire team at Stanford – including Stanford Navigators who are accessible 24-7 to meet your needs.
What can I expect from the experience?
High-touch, exquisite medical care and personal attention from the minute you decide to enroll with Executive Health. We will manage all of the necessary arrangements and appointments needed for your visit across our integrated network of medical services. With this program, you will have a custom itinerary of exams and assessments created to suit your situation and needs. Our goal is to make your time spent, typically a one-day visit, as convenient, comfortable and productive as possible. Our physicians will provide you with a customized Personal Health Assessment & Plan, which offers a clear understanding of your complete health situation as well as the right support, information, and tools to help you reach and maintain your optimum health moving forward.

Enroll

Should I have my doctor send over my medical history?
 Though not required, you are encouraged to have your primary care doctor forward your medical history to us for review prior to your visit, especially if you have or have had complex health conditions. If you choose to release your records, please complete the Authorization for Release of Health Information form, which is legally required to release your medical records to you or designated recipients.

What other forms do I have to fill out?
As part of the program registration, you will be asked to fill out a short Health History and Nutrition Profile. It is designed to capture an overview of your health and identify key habits and lifestyle factors that may impact your well-being. These inputs will inform the physician’s recommendations for your specific itinerary during your visit as well as for designing an ongoing health management program tailored to your individual needs.

Pre-Visit Preparation

Where should I stay during my visit?
Your personal Health Navigator can assist you with booking accommodations or anything else you need. For reference, our ‘Local Hotels’ brochure includes a comprehensive list of hotels.

Popular hotels nearby include:

- Four Seasons Hotel Silicon Valley >
- Garden Court Hotel >
- Rosewood Sand Hill >
- Sheraton Palo Alto Hotel >
- Stanford Park Hotel >
- The Westin Palo Alto >
May I schedule specialty consultations?
Yes, specialty consultations are both welcome and very common.

Typically, after a thorough review of your Health History, Nutrition Profile, and any specific conditions or requirements, our team may make recommendations for specialty consultations. If you are interested in receiving a specific type of specialty care, please let us know. We provide consultations in dermatology, orthopedics, cardiology, ophthalmology, plastic surgery, urology, and oncology and many others.

Do you offer male and female physicians?
Our diverse team includes highly-trained male and female physicians. We offer you the option to indicate your preference for a male or female physician.

Can I choose my doctor?
We have a distinguished team of physicians at Stanford, many of whom are world-renowned specialists in their field. If you prefer a specific doctor, we will make every effort to meet your needs.

What should I bring with me during the day?
Please bring loose clothing and comfortable shoes for your Cardiovascular Assessment. You may bring anything else you like, but we are fully equipped to support your needs throughout the day.

How should I dress for the appointment?
Please dress in what is comfortable for you. Bring loose clothing and comfortable shoes for the Cardiovascular Assessment.

Do you have shower facilities available?
The Executive Health Clinic provides private shower facilities and offers essential shower amenities for your convenience.

Post-Visit Follow-Up

When should I expect to see my Personal Health Assessment & Plan?
Within four weeks of your visit.

How often do I need to come back to Stanford Executive Health?
Annually or as needed.

The Executive Health program is built on a foundation of personal attention, customized care and proactive health management. We recommend that you return to Stanford Hospital & Clinics for annual touch points and we encourage you to access the full range of Stanford’s vast academic and medical resources throughout the year.

Who should I call if I have more questions about my condition?
You may contact your physician directly and/or your personal Health Navigator.