

THE BRENTWOOD MD

Executive Physical



BRENTWOOD MD

PRIVATE PHYSICIANS

Your Launchpad to Excellence

As an executive and entrepreneur, you thrive on efficiency and excellence.

Whether it's your business, relationships, or a personal hobby, you strive to achieve superiority in everything you do.

The Brentwood MD Executive Physical makes it possible to approach your health with the same laser-focused intensity.

Unlike a standard annual checkup, our Executive Physical isn't dictated by the clock or an insurance company. The Brentwood MD team uses your Executive Physical as a launchpad to comprehensively examine your health and develop precise strategies for improved wellness.





Success Starts with Clarity

You have achieved extraordinary success in your life — not because you got lucky, but because you value preparation, strategy, purpose.

The Brentwood MD Executive Physical leverages those values to help you answer essential questions about your most important asset: your health.

This efficient, highly customized process audits your current health from every perspective in order to:

- ▶ Identify potential problems
- ▶ Diagnose existing conditions
- ▶ Strategize your next steps
- ▶ Connect on a deep, holistic level

Take Control of Your Health

The Brentwood MD Executive Physical includes a comprehensive package of in-depth tests, evaluations, and screenings. This is nothing like the generic physical exam performed by your primary care physician.

At Brentwood MD, our ultimate goal is to create your customized roadmap to better health. From start to finish, the entire Brentwood MD Executive Physical is designed to empower you to take control of your health.



What's Included?

IN YOUR EXECUTIVE PHYSICAL, YOU WILL RECEIVE:

- ▶ A comprehensive and customized action plan to achieve better health in every essential category:
 - ▶ Biomechanics
 - ▶ Emotional wellness
 - ▶ Nutrition
 - ▶ Fitness
 - ▶ Disease prevention
 - ▶ Performance
 - ▶ Longevity

TO GAIN THE BEST UNDERSTANDING OF YOUR HEALTH, WE WILL CONDUCT:

Bloodwork

- ▶ Metabolic panel
- ▶ Hormone panels
- ▶ Cancer screening
- ▶ Dementia screening
- ▶ Cardiovascular panels
- ▶ Cholesterol tests

Executive Health History Assessment

- ▶ Medication list
- ▶ Family history
- ▶ Background and personal history
- ▶ Lifestyle assessment

Imaging

- ▶ Cardiac CAT scan
- ▶ Carotid ultrasounds
- ▶ Abdominal ultrasounds
- ▶ Body composition analysis

Customized Testing

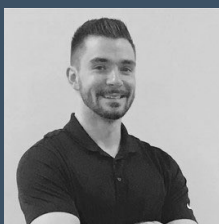
- ▶ Colonoscopy
- ▶ Full-body MRI or CAT scan
- ▶ Full genome sequencing
- ▶ Advanced cardiac imaging

After your physical, you will receive digital and hard copies of all tests and reports, and all information will be forwarded to your primary care doctor.

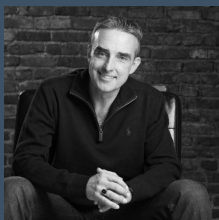
An Experience Designed for Executives

The Brentwood MD Executive Physical isn't merely an appointment. It's an experience that is carefully coordinated to evaluate every facet of your wellbeing, all in a single day.

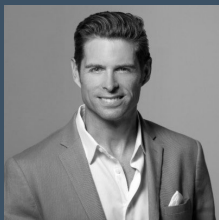
Enter Brentwood MD through our private entrance and into a warm, relaxing environment. After completing your imaging tests, you can enjoy a light breakfast and begin your one-on-one sessions with our specialists.



Head-to-toe biomechanical evaluation of your body
with Dr. Dustin Howard, *DPT*



Emotional wellness and stress management
with Dr. Brian Hooper, *LCPT*



Nutrition and fitness evaluation
with Zane Griggs, *Celebrity trainer and weight loss coach*



Full discussion of findings and development of action plan
with Dr. Aaron Wenzel, *Founder/CEO of Brentwood MD*

The Brentwood MD Executive Physical occurs in segments to maximize efficiency and achieve same-day results. Throughout the entire process, you enjoy the energy, personalization, and commitment that only a concierge practice can provide.

SAMPLE SCHEDULE

8:00am	Arrival
8:15am	Imaging
9:30am	Light Breakfast
10:00am	One-on-one work/life assessment with Dr. Brian Hooper
11:00am	One-on-one biomechanical assessment with Dr. Dustin Howard
12:00pm	One-on-one diet and fitness assessment with Zane Griggs
1:00pm	Light Lunch
2:00pm	Discussion of findings and next steps with Dr. Aaron Wenzel
4:00pm	Conclusion

**All bloodwork and pre-appointment evaluations will be completed two weeks before your appointment to maximize efficiency.*

At Brentwood MD, we use Executive Physicals as a springboard to create deep, trusting, rewarding relationships.

By thoroughly assessing your lifestyle, personal challenges, and future goals, we become your health and wellness copilots.

You can tackle health problems and optimize your wellness with friends and advocates by your side.

To get started, click the link below to schedule a call.

[SCHEDULE MY CALL](#)



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WWW.BRENTWOODMD.COM

615 678 4638

317 seven springs way | suite 205

BRENTWOOD, TENNESSEE 37027