



CENTER FOR EXECUTIVE HEALTH

Wellness Center

Contact Nos.: 771-9000 Loc. 8456 / 8457 Direct line: 876-5796

Fax: Local 5904 Email Address: exechealth@asianhospital.com

Office Hours: Monday to Friday 7:00am to 5:00pm

Saturday 7:00am to 4:00pm

PATIENT INSTRUCTIONS

Adult Wellness Package

FOOD AND SUPPLEMENT INTAKE:

- **Take nothing by mouth (NPO) i.e. no food intake** beginning at **10PM** the night before the scheduled executive check-up. We recommend **10-12 hours of fasting for fasting blood glucose and total cholesterol.**

OUTFIT:

- Please wear comfortable cotton clothes. We encourage you to bring extra clothing for change after the procedure.
- There may be areas with extreme temperature. We recommend that you bring a jacket or sweater.

OTHER INSTRUCTIONS:

1. Kindly fill out the Admitting Record for documentation purposes. The provided information will aid us in the registration process.
2. Please proceed to the CEH on the Fourth Floor - Lifestyle Medicine Center of the hospital building on or before **8:00AM (for strict compliance) or depending on the scheduled time given by the CEH.**
3. CEH would like to ensure your safety and maintain efficiency of service. Please be advised that **only one (1) companion per patient is allowed during the check-up.** We also advise to **avoid bringing children below seven (7) years old** to avoid unnecessary exposure to hospital illnesses.
4. For patients under an accredited Company, Insurance or HMO, a copy of the medical results of your package will be given upon discharge. For self-pay clients, original medical results will be provided.
5. CEH patients are entitled to **FREE parking** at the hospital's basement parking area. Please bring your parking ticket at the CEH and present to the staff on duty for validation.
6. For cancellation of your appointment, please call the Asian Hospital and Medical Center CEH at least three (3) working days prior to scheduled appointment.
7. Asian Hospital and Medical Center accepts payments by Cash, Credit Cards (all major cards), Manager's or Cashier's checks.

Thank you for choosing Asian Hospital and Medical Center for your Executive Check-up. For concerns and other queries, please contact us at the CEH direct line (632) 876-5796.

Conforme: _____ Date: _____

(Name and Signature)

Please sign and send this form back through fax or email to the CEH office for validation and confirmation.

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