



CENTER FOR EXECUTIVE HEALTH

Wellness Center

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

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

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

Saturday 7:00am to 4:00pm

PATIENT INSTRUCTIONS

Outpatient Health Maintenance Package 50 yrs. And above A Package

FOOD AND SUPPLEMENT INTAKE:

- **Take nothing by mouth (NPO) i.e. no food intake** beginning at **10:00PM** on the night before the scheduled executive check-up. We recommend **10-12 hours of fasting for Lipid Profile/Testing**. However, sips of water when taking medicines may be allowed.
- **Avoid iron supplement, Vitamin C, red meat, broccoli, radish, cauliflower and melon for a minimum of three (3) days prior to executive check-up** in preparation for stool examination with occult blood test.

SPECIMEN COLLECTION AND PREPARATION:

- For best results, urine and stool samples should be **submitted within one hour upon collection**. **For liquid/watery stool samples, it should be submitted within thirty (30) minutes**. Collection may be done at home and specimen must be submitted to the nurse/clinical aide upon arrival at the Center for Executive Health (CEH), or may be collected during the check-up period.
 - Please collect midstream urine sample and pea-sized stool using clean and dried bottles.
 - Specimen bottles may be requested from CEH for collection at home.
- **For Female Patients:** Kindly **schedule your executive check-up ten (10) days from the first day of your menses** in preparation for your Pap smear and Mammography. **Two (2) days before the test**, avoid the following - because these might hide any abnormal cells: intercourse, douches, vaginal medications except as directed by your doctor, vaginal contraceptives such as birth control foams, creams, or jellies.

PREPARATIONS FOR SKIN ANALYSIS:

- Do not wear any makeup and jewelries as it will affect the results of the Skin Analysis.
- Avoid wearing bright color top. Black or white shirt is preferred.
- For Female, kindly tie your hair or wear headband.
- For Male, please shave beard and mustache. If applicable.



OUTFIT:

- Please wear comfortable cotton clothes preferably white shirt, jogging pants, rubber shoes and no dry fit clothes for your Treadmill Stress Test and for radiological examination. 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 Health Declaration form that will be given by the security personnel at the lobby. The provided information will aid us in the screening process.
2. Please proceed to the CEH on the Fourth Floor - Lifestyle Medicine Center of the hospital building on or before **9:00AM (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. Bringing companion during Executive Check-up is highly discouraged unless necessary. **If the patient is minor, PWD or elderly, only one (1) companion is allowed during the check-up.** Patient's companion will undergo screening as well and maybe requested to wait at the Lifestyle Medicine Center waiting area.
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. **For your safety, we recommend you to bring your own bottled water or tumbler.**
 - For **company, HMO** and/or **insurance accounts**, please fax the Letter of Authorization (LOA) to 771-9000 Local 5904 at least forty-eight (48) hours prior to the scheduled appointment for verification. Present the original LOA and Company/Membership ID to the CEH staff on the day of your appointment. The same documents will be requested during the registration. **In the absence of the LOA, self-pay policy will apply.**
 - **For self-pay accounts**, CEH Packages are paid directly at the Cashier, after registration.
8. In our drive to maintain patient safety and security, leaving the hospital premises before the completion of their ECU is not permitted

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 (8) 771-9000 local 8456 or 8457.

Conforme: _____



(Name and Signature)

Date: _____

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

Fax number: 771-9000 local 5904

Email address: exechealth@asianhospital.com