



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 70 yrs. And above A Package- 2

FOOD AND SUPPLEMENT INTAKE:

- **Take nothing by mouth (NPO)** beginning at **10PM** 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 **less than 2 hours old. 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.

OUTFIT:

- 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. For patients with additional test request under an accredited Company, Insurance or HMO, a copy of Letter of Authorization must be requested prior to the test
6. 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.
7. For cancellation of your appointment, please call the Asian Hospital and Medical Center CEH at least three (3) working days prior to scheduled appointment.
8. Asian Hospital and Medical Center accepts payments by Cash, Credit Cards (all major cards), Manager's or Cashier's checks.
 - For **company, HMO** and/or **insurance accounts**, please fax the Letter of Authorization (LOA) to 771-9000 Local 5904 at least twenty four (24) 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.
9. 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 direct line (632) 876-5796.

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