

Executive Health Program

Atlantic Health System has created a unique customized and comprehensive physical exam that can create a road map to good health.



Damion Martins, MD
Director of Orthopedics & Sports Medicine
Director of Executive Health & Corporate Health

In an effort to make health care both more efficient and effective, the concept of the executive health program was created.

The phrase “executive health” refers to a comprehensive physical designed for the busy professional. However, it’s really for anyone who wants to get a thorough health checkup and — where possible — alter the pathway through medication or lifestyle changes of a disease that might not yet be clinically present. The goal is to provide the best medical service in the shortest amount of time.

Such programs are increasingly popular, but Atlantic Health System’s program is unique because it’s customized for the patient, says Damion Martins, MD, who directs the

program. Three weeks before the physical is scheduled, a nurse visits the client to collect history and labs (including saliva for genetic testing, if the patient wishes), so that doctors can examine the results and decide what procedures are indicated. “That allows us to create a smart physical, as opposed to irradiating you from head to toe,” Dr. Martins says. “We customize the physical. Other places are not doing that.”

Another difference is Atlantic Health System’s use of specialists. “Most programs are run by a single doctor, usually a generalist, whereas our program uses multiple specialists in their field,” Dr. Martins says. “Those doctors get the test results, do the physical exam and develop the treatment plan.

Atlantic Health System’s genetic testing option is also unusual, as is the comprehensive nature of the blood work they do and their emphasis on wellness. “We create a program for a healthy lifestyle through exercise, integrative medicine and nutrition. A life coach tracks your compliance through quarterly follow-ups. Year two and three of the program incorporate the medical component into a weekend spa retreat to blend medical with integrative wellness techniques.” Dr. Martins says. ◀

To find out more about Atlantic Health System’s Executive Health Program, call 973-971-6832.

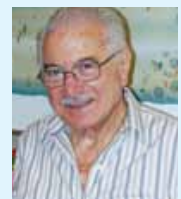
The Patient Behind the Executive Health Program

For the last forty years, Larry Paragano, a longtime Morristown Medical Center patient and donor, visited the Mayo Clinic in Rochester, Minn., to take advantage of their Executive Health Program, a multiday physical exam. “The thoroughness of their service blew me away — they took care of everything,” Paragano, now 80, remembers. “I thought, ‘Why can’t we have that type of service in New Jersey?’”

Paragano spoke to key people at Morristown Medical Center and through his drive and dedication, Atlantic Health System’s own Executive Health Program was launched in July 2011.

Paragano notes that the Atlantic Health System experience, which he went through soon after the program began, improves on other Executive Health Programs. “Because it is designed with the patient in mind, it can normally take place during a one day visit, in the building across from the hospital and if you live locally, you don’t

have to travel,” he says. “This unique medical health program is designed so that the specialists come to the location and when you are finished, you have a report from the experts that you can return to your doctor in one binder. Your doctor can then take that information and move forward. Essentially you get a road map to help in your care — an investment in good health that’s impossible to put a price on.”



Larry Paragano