

## Total cost of package:

The total cost of the Executive Health Check-Up and VIP Wellness Vacation with 5 nights accommodation, spa treatments, golf and personal concierge service, is normally less than the cost of having a comparable Executive Health Check-Up in the USA. Your insurance may cover some of the diagnostic tests, and the hospital will bill each item separately to help with your claim. The spouse will pay extra for a health check-up, however the cost of accommodations and spa treatments are included in the 5 night Wellness Package. The Women's health check-up start at \$400 US and details for this and other health check-up packages can be viewed online:

[www.saintlukeshospitals.com/check-up.php](http://www.saintlukeshospitals.com/check-up.php)



The price of the **Executive Health Check-Up and VIP Wellness 5 night package** range from \$5250 - \$6500 US (per couple), depending on the tests performed. Price does not include airfares, meals and, if required, the cost of a check-up for the spouse. For detailed costs of the package, contact:

[info@saintlukeshospitals.com](mailto:info@saintlukeshospitals.com)  
Telephone 624 142 5911 (24/7)

You will receive an online brochure with full details of the program and a questionnaire listing the tests for your specific needs. Return the completed questionnaire and based on the tests required, you'll receive an accurate cost for the package that's customized for you.



## Get Tested Now!

Saint Luke's Hospitals offer a range of health check-up packages for newborn babies and children, and the individual needs of the young and elderly. The packages are designed for different age groups and disease profiles, and competitively priced. For details and costs check the website:

[www.saintlukeshospitals.com/check-up.php](http://www.saintlukeshospitals.com/check-up.php)



Local residents should visit the outpatient clinic to discuss the various check-up packages available. Or make an appointment to speak with a hospital specialist about the health check-up packages that's right for you.

For a detailed cost of the **Executive Health Check-Up and VIP Wellness Package** contact:  
[info@saintlukeshospitals.com](mailto:info@saintlukeshospitals.com) / Telephone 624 142 5911 (24/7)

**Saint Luke's**  
HOSPITAL

### CABO SAN LUCAS

Fracc. 6 Lote-12 Av. Aguajitos,  
Cabo San Lucas, B.C.S.  
[info@saintlukeshospitals.com](mailto:info@saintlukeshospitals.com)  
**HOTLINE: 624 142 5911** (24/7)

### SAN JOSE DEL CABO

Calle Ignacio Zaragoza  
Downtown San José, B.C.S.  
[info@saintlukeshospitals.com](mailto:info@saintlukeshospitals.com)  
**HOTLINE: 624 142 5911** (24/7)

# Combine Your Executive Health Check-Up with 5 Nights Wellness Vacation at the Leading Golf & Spa Resort in Los Cabos



## Welcome to Los Cabos



## Most comprehensive Executive Health Check-Up and VIP Wellness Vacation in Mexico

Unique and creative method to enhance your health and well-being

Taking care of you... is our priority

Saint Lukes Hospitals

**Saint Luke's**  
HOSPITAL

# Prevention of disease is the key to good health.

With early detection most diseases and illnesses can be treated and cured. Why not start the New Year with a personal health check-up for a detailed assessment of your health?

Saint Luke's Hospital has a team of highly skilled doctors and medical professionals who specialize in preventive medicine, using the latest testing equipment and technology that can detect many diseases before they start. The hospital operates the Saint Luke's Executive Health & Wellness Clinic, which provides comprehensive Executive Health Programs and Wellness Vacations for busy executives, to enhance one's health and well-being.

If you lead a demanding and stressful lifestyle, an Executive Health Check-Up is definitely right for you. The check-up is tailored to meet your individual needs with a thorough examination of the body to detect the slightest symptom that could indicate potential health problems and major disease

The comprehensive Executive Health Check-Up includes the following tests and evaluations, custom-made for you:

## EXECUTIVE HEALTH CHECK-UP

- Includes:**
- Detailed medical history and physical examination by an internal medicine specialist
  - Full range of screening tests for early detection of cancer, heart disease, and other serious conditions, including full blood tests, cholesterol and lipid profile, urinalysis and blood chemistries to detect diabetes, kidney and liver disease.
  - Testosterone testing
  - PSA testing
  - Cardiovascular fitness evaluation, including resting EKG, cardiac stress test, blood pressure readings
  - Pulmonary health evaluation
  - Chest X-ray
  - Bone densitometry to evaluate risk of bone fracture
  - HIV testing
  - Abdomen Ultrasound



- Prostate Ultrasound
  - Audiology evaluation
  - Eye exam with glaucoma screening
  - Dermatology evaluation
  - Weight, fitness and stress evaluation, including nutrition consults and body composition test.
  - Review of medications, vaccinations and immunizations needed for international travel
  - Lifestyle assessment, including review of nutrition, stress management, alcohol, tobacco and other indication of disease.
  - Exit interview with internal medicine specialist and review of all your tests and a full report which you may wish to discuss with your personal doctor when you return home.
- Additional Services:**
- CT angiography
  - Full body MRI scans to identify potential problems and disease
  - Colonoscopy\*
  - Gastroscopy\* (\*extra charge)

Consultations and tests are conducted by English speaking doctors at Saint Luke's Hospitals and certified testing facilities, and completed within 6 to 8 hours. A full report is available the next day for review.

# Saint Luke's Executive Health & Wellness Clinic offer the best VIP Health & Wellness Vacations in Mexico.

## The VIP Health & Wellness Vacation Package:

This package has been specially designed so you can combine your Executive Health Check-Up program with a Wellness Vacation at the top-rated Golf & Spa Resorts in Los Cabos. The Wellness Vacation package includes 5 nights stay at the leading Golf & Spa Resort, and enjoy an array of soothing and rejuvenating spa therapies, and skin treatments at the world-renowned Spa & Health Clubs, plus recreational activities such as Golf and Sports Fishing, and full concierge service, making the vacation a relaxing and life-enhancing experience.

### The VIP Health & Wellness Vacation includes:

- Comprehensive Executive Health Check-Up customized for you ( full day)
- 5 nights luxury accommodations for two at Sheraton Hacienda Del Mar Golf & Spa Resort or Grand Fiesta Americana Golf & Spa Resort.
- Full day at the renowned Somma Wine Spa or Cactus Spa for an array of rejuvenating spa therapies and skin treatments, and daily use of Gym and hydrotherapy facilities (includes \$500 US voucher)
- Golf at Jack Nicklaus Ocean Course at Cabo del Sol, rated #1 in Mexico, or day of Sport Fishing aboard charter yacht.
- Private chauffeur/hostess for airport transfers, hospital appointments and recreational activities, providing full concierge services during your stay.
- Travel & Medical insurance in Mexico

Details of complete package: [www.saintlukeshospitals.com/check-up.php](http://www.saintlukeshospitals.com/check-up.php)



CABO DEL SOL-OCEAN COURSE A Jack Nicklaus Signature design