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Combine Your Executive Health Check-Up with a 3-5 Night Wellness Vacation at the Leading Golf & Spa Resort in 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 

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, and is 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, and thyroid abnormalities; check vitamin D, vitamin B12 & iron levels.
- Testosterone testing
- PSA testing
- Cardiovascular fitness evaluation, including resting EKG, cardiac stress test, blood pressure readings
- Pulmonary health evaluation
- Chest X-ray
- Bone density test
- HIV testing
- Stool exam & occult blood



- 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.

For Women:

- Mammogram
- Pelvic exam & Pap Smear

Additional Services:

- CT angiography
- Full body CT 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 normally completed within 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 3-5 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 your personal health needs (full day)*
- *3-5 nights luxury accommodations for two at Sheraton Hacienda Del Mar Golf & Spa Resort, Grand Fiesta Americana Golf & Spa Resort or Hilton Los Cabos Resort.*
- *Full day at the renowned Somma Wine Spa, Cactus Spa and other leading spas 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, medical appointments, recreational activities and sightseeing tours, providing full concierge services during your stay.*
- *Travel & Medical insurance in Mexico.*



Total cost of package:

The total cost of the Executive Health Check-Up and VIP Wellness Vacation with 3-5 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 3-5 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-ups.php



The price of the **Executive Health Check-Up plus the VIP Wellness 3-5 night package** normally range from \$4000 - \$6,500 US (for a couple), depending on the tests performed and the wellness package purchased. Price does not include airfares, and if required, the cost of a check-up for the spouse. For detailed costs of the package, contact:

info@saintlukeshospitals.com

Telephone 624 142 5911 (24/7)

Or complete the Health and Wellness Questionnaire below

Return the completed questionnaires and based on the tests required and the duration of your stay, you'll receive the total cost of the package which has been customized for your personal health needs and preferences.





Saint Luke's HOSPITAL

CABO SAN LUCAS

Fracc. 6 Lote-12 Av. Aguajitos,
Cabo San Lucas, B.C.S.
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
HOTLINE: 624 142 5911 (24/7)

For complete details about
THE EXECUTIVE HEALTH & WELLNESS VACATION PACKAGE
click the links below

**EXECUTIVE HEALTH
PROGRAM**

And Medical Questionnaire



CLICK HERE

**5-NIGHT SPA & GOLF
WELLNESS VACATION**

And Vacation Questionnaire



CLICK HERE

**A FANTASTIC
VACATION IN CABO**

THE EXECUTIVE HEALTH PROGRAM

Taking care of you... is our priority ❤️



Participants in this health program will receive a medical questionnaire in advance of their visit. This will enable the consulting doctors at Saint Luke's to assess if any special tests should be scheduled to assist in the overall planning of the tests and evaluations which are custom-made to your personal health needs.

THE EXECUTIVE HEALTH CHECK-UP

Provides a detailed assessment of your overall physical health, and typically includes the following tests and consultations:

- 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, and thyroid abnormalities; check vitamin D, vitamin B12 & iron levels.
- Testosterone testing
- PSA testing
- Cardiovascular fitness evaluation, including resting EKG, cardiac stress test, & blood pressure readings.
- Pulmonary health evaluation
- Chest X-ray
- Bone density tests
- HIV testing
- Stool exam & occult blood
- Abdomen Ultrasound
- Prostate Ultrasound
- Audiology evaluation
- Ophthalmology evaluation
- 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 indicators of disease risk.
- An exit interview with an internal medicine specialist and review of all your tests and a full report in English, which you may wish to discuss with your personal doctor when you return home.

For Women:

- Mammogram
- Pelvic exam & Pap Smear

In addition, the following tests and services are available if required:

- CT angiography
- Full body CT scans (abdomen, pelvis, chest) to identify potential problems and disease
- Cosmetic surgery consultations
- Colonoscopy*
- Gastroscopy* (*extra charge)

The consultations and tests for the health check-ups are conducted by highly skilled English speaking doctors at Saint Luke's, using the latest testing equipment and technology, and usually completed within 8 hours, over a convenient one day or two ½ days.

Do you take any vitamins or other supplements?

Yes No

Name of Supplement	Taken For	Dosage	Frequency	Any Side Effects?

Are you allergic to any medications, supplements or any substance?

Yes No

Name of Medication / Supplement	Reaction

MEDICAL HISTORY

Do you have any current health problems?

Yes No

Health problems	Date of Onset

Have you had any major illnesses or surgeries?

Yes No

Illnesses & Surgeries	Date	Comments

Other significant diseases _____

LIFESTYLE:

Smoking:

Have you ever smoked cigarettes?:

Yes No

How many years have you smoked: _____

If you have quit, when did you quit?: _____

How many cigarettes did you smoke a day?: _____

Have you used tobacco in other forms (cigars, pipe)?

Yes No

Alcohol:

Do you currently drink alcohol?

Yes No

How many drinks do you have in a typical day? _____

Recreational Drugs:

Do you currently use recreational drugs:

Yes No

How many days a month do you use recreational drugs? _____

Type of recreational drugs you use: _____

Exercise:

Do you exercise frequently?

Yes No

Type of exercises, and how often per week:

Diet & Nutrition

Describe your typical breakfast, lunch and dinner

Do you have intolerance to any particular food? _____

FAMILY MEDICAL HISTORY

	Living	Deceased	Age	Major Illnesses / Cause of Death
Mother				
Father				
Maternal Grandmother				
Maternal Grandfather				
Paternal Grandmother				
Paternal Grandfather				
Sisters/brothers (specify):				

Is there any known 'genetic disease' in your family, and if so please indicate:

Hypertension Diabetes Heart Disease Stroke Cancer

Immunizations

Have you had the following immunizations?:

- | | | | |
|--|-------|--|-------|
| <input type="checkbox"/> Tetanus | Year: | <input type="checkbox"/> Hepatitis B | Year: |
| <input type="checkbox"/> Pneumonia Vaccine | Year: | <input type="checkbox"/> Measles/Mumps | Year: |
| <input type="checkbox"/> Influenza | Year: | <input type="checkbox"/> Shingles | Year: |
| <input type="checkbox"/> Hepatitis A | Year: | | |

Have you had or tested positive for?:

- Chicken Pox
- Tuberculosis
- HIV
- Hepatitis
- Venereal disease

Diagnostic Tests

Have you had any of the following tests and date performed?:

	Date	Result
EKG or ECG		
Exercise Stress test		
Chest X-ray		
Cholesterol Level		
Triglyceride Level		
Other Lipid Data		
PSA test		
Colonoscopy		
Bone Densitometry		
Mammogram		
Pap test		
Other tests		

SYMPTOM REVIEW

General

Your current weight _____ kg./lbs.

Your height _____ cm./in.

Your maximum weight past 3 years _____ kg./lbs.

Your minimum weight past 3 years _____ kg./lbs.

If yes, please specify:

Do you have a recent unexplained weight loss or gain? Yes No _____

Do you experience excessive tiredness? Yes No _____

Is your appetite stable? Yes No _____

Have you had recent fevers, night sweats or chill? Yes No _____

Do you have frequent trouble sleeping? Yes No _____

How many hours average sleep at night? _____ hrs.

Please indicate if you ever had a problem with any of the symptoms or conditions listed below:

Cardiovascular:

If yes, is this still a problem?

Chest pain or pressure Yes No _____

Rapid/irregular heartbeats Yes No _____

Heart attacks Yes No _____

Heart murmurs Yes No _____

Fainting/Lightheadedness Yes No _____

High blood pressure Yes No _____

Rheumatic fever Yes No _____

Calf pain with exercise Yes No _____

Varicose veins Yes No _____

Phlebitis (blood clots) Yes No _____

Swollen legs or feet Yes No _____

High blood cholesterol Yes No _____

High blood triglycerides Yes No _____

Eyes/Ear/Nose/Throat:

If yes, is this still a problem?

Date of last eye exam _____

Eye or vision problem Yes No _____

Glaucoma Yes No _____

Cataracts Yes No _____

Surgery for eyes Yes No _____

Hearing loss Yes No _____

Ringing in ears Yes No _____

Chronic ear infections Yes No _____

Snoring Yes No _____

Nose congestion or sinus trouble Yes No _____

Dental problems Yes No _____

Sore throat Yes No _____

Sores/ulcers in mouth Yes No _____

Dermatology:

- Skin cancer
- Skin rash
- Psoriasis
- Changing moles
- Change in skin color
- Loss of hair
- Changes in nails

If yes, is this still a problem?

Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____

Urinary:

- Urinary problems (pain or frequency)
- Urinary infections
- Blood in urine
- Kidney stones
- Sexual dysfunction
- HIV positive/AIDS

If yes, is this still a problem?

Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____

For Men:

- Impaired libido
- Prostate problems
- Difficulty urinating
- Penile discharge
- Pain in testicles
- Difficulty achieving erection

If yes, is this still a problem?

Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____
Yes <input type="checkbox"/>	No <input type="checkbox"/>	_____

For Women:

How many times have you been pregnant? _____

The number of miscarriages or abortions _____

Are you still having menstrual cycles? Yes No

Date of last menstrual cycle _____

How many days does your menstrual cycle typically last: _____

How often do you get your menstrual cycle? _____

If you no longer have your menstrual cycles

At what age did they stop _____

Do you experience hot flashes? Yes No

Do you experience vaginal dryness: Yes No

Have you had any bleeding since menopause: Yes No

Comments _____

Other Tests:

	Date	Results
Mammogram		
Pap test		
Bone Density Test		

Thank you for completing this medical questionnaire. Should you have any questions or concerns about your health, please enter below any other information you would like the physician to know or address.

Please forward to Saint Luke's the following documents at least 7 days before your visit:

- 1) All relevant medical records and reports of any tests conducted within the past year.
- 2) The attached completed questionnaire
- 3) List of questions you would like to ask the doctor

Please return your completed Medical questionnaire and Wellness Vacation questionnaire by email to:

confidentialquestionnaire2@gmail.com

For general inquiries: healthwellnessloscabos@gmail.com / Telephone: 52 624 157 1970

[Go to Wellness Vacation questionnaire](#)

CLICK HERE

3-5 Night Wellness Vacations In Los Cabos

Combine your health check-up with a little adventure,
relaxation and exotic location, and what do you get?
A fantastic vacation in Los Cabos.



If you lead a stressful lifestyle, an executive health check-up is right for you.

Why not combine your health check-up with a rejuvenating Wellness Vacation at a top-notch Spa Resort in Los Cabos. Includes 3-night accommodations at a top-rated Spa Resort at Cabo del Sol or Cabo Real. Plus an array of soothing and revitalizing spa therapies and skin care treatments at the world renowned Somma Wine Spa and at other top-rated spas in Cabo like the Desert Spa, with daily use of the gym and hydrotherapy facilities.



Desert Spa Video

Click on Image to see the video

Luxury accommodations at the best Resorts

The 5-night Wellness Vacation includes luxury accommodations at a Spa Resort, and recreational activities such as golf at the Jack Nicklaus Cabo del Sol Ocean course, rated #1 in Mexico, or an exciting day of Sport Fishing aboard charter yacht. Plus a day of sightseeing and shopping in Cabo San Lucas. You'll have a private chauffeur/hostess meet you at the airport, and coordinate your visits from the resort to the medical center and all recreational activities, and provide full concierge services during your stay in Cabo.



Cabo Del Sol Ocean Course Video



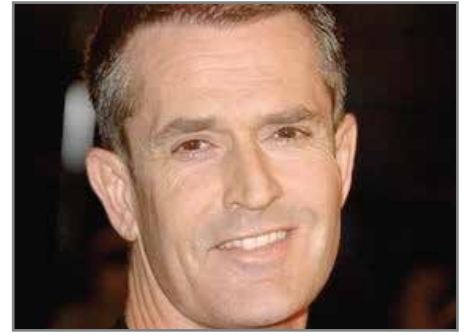
Pisces Sport Fishing Video

Click on Image to see the video

Enhance your appearance and self-esteem

In addition to the comprehensive Executive Health Check-up, we have skilled cosmetic surgeons and dermatologists on hand for those who elect to have skin treatments and cosmetic surgery to improve their appearance and self-esteem, such as *eyelid surgery, face/neck lift, liposuction, nose surgery, ear surgery, and forehead/brow lift*. Our surgeons blend surgical skills with artistic talent to achieve the very best results

View link: Cosmetic & Reconstructive Surgery
<http://www.saintlukeshospitals.com/cosmetic.php>



Recapture your youthfulness

At our modern medical spa you can select from a range of treatments such as *botox, chemical peels, filler substances and laser therapies* using the most advanced state-of-the-art laser equipment such as LightSheer ET and Fractional CO2 Laser. The medical spa offers a multi-faceted approach to recapture youthfulness and total skin and body rejuvenation.

View link: Dermatologica Laser & Cosmetic Clinic
<http://www.saintlukeshospitals.com/dermatology.php>



Enjoy your Vacation

Or simply relax and enjoy our rejuvenating spa treatments at the top-rated Spa Resorts in Los Cabos. We can normally negotiate up to 30% discount off the advertised rates.

View link:http://www.luxuryvillacollections.com/documents/CatusSpaMenu_000.pdf



After completing your comprehensive Executive Health Check-Up, you can then hit the freeways on some of the best golf courses in Mexico, or enjoy world-class sport fishing, and spa lovers will get to spend all day being pampered in the spa. With over 25 years experience bringing vacationers to Los Cabos, we are confident your Wellness Vacation will be an enjoyable and memorable experience.

To plan the Wellness Vacation personalized for you, simply complete the following questionnaire.

Wellness Vacation Questionnaire

The Wellness Vacation questionnaire provides information for the planning and costing of activities, spa treatments and accommodations during your visit to Los Cabos, and should be answered as completely as possible and returned with the medical questionnaire.

Date: _____

Name: _____

Name of Spouse: (if applicable) _____

Home Address: _____

Telephone: Day _____ Evening _____

Vacation period: 3 nights 5 nights More than 5 nights (specify) _____

Select month you prefer for wellness vacation in 2016: _____

High season : October to May Low season: July to September

Health Check-Up Plan selected:

Executive Comprehensive Health Check-Up: 8 hours (one full day or two ½ days)
(Please complete the Medical Questionnaire for calculation of the cost)

Men's Basic Check-Up: 2 hours (from \$400 US)

Women's Basic Check-Up: 2 hours (from \$400 US)

Note: To participate in the Wellness Vacation program, you must select one of these check-ups plans.

Cosmetic and Spa Treatments:

Do you require cosmetic facial surgery? Yes No

Select type of surgery required: (View link: <http://www.saintlukeshospitals.com/cosmetic.php>)

Eyelid Nose Face/Neck lift Ear Forehead/Brow lift Other (specify) _____

Do you require medical spa treatments? Yes No

Select type of treatments: (View link: <http://www.saintlukeshospitals.com/dermatology.php>)

Botox Cheek Lift Chemical Peel Dermabrasion Facial Fillers Facial Wrinkles

Laser Hair Removal Laser Vein Therapy Permanent Make-up Other (specify) _____

Do you require rejuvenating spa treatments? Yes No

Select type of spa treatments: (View link: http://www.luxuryvillacollections.com/documents/CatusSpaMenu_000.pdf)

(Prices normally up to 30% less than these advertised rates).

Swedish Massage Sports Massage Hot Stone Massage Deep Tissue Personalized Facial

Facial for Men Body Wraps Exfoliations Salon Services Other (specify) _____

Recreational Activities:

For Golfers: Do you need golf clubs? Yes No Preferred Tee Times: _____

Select golf course you prefer to play: View link: <https://www.youtube.com/watch?v=5dLthuF3V5Y>

Top-rated Courses: Cabo Del Sol Ocean Cabo Del Sol Desert Quivira *Cabo Real Palmilla

Quality Courses: *Country Club *Club Campestre Punta Sur Other (specify) _____

How many rounds you prefer to play: One Round Two Rounds Other (specify) _____
(*special rates)

For Anglers:

Select Sports Fishing Charters: View link: www.youtube.com/watch?v=SIQ7IMUZqm4

Top Charters: *Pisces *Picante Cabo Magic

Quality Charters: Cabo Fishing RedRum Pochos Others (specify) _____

Full day Trip Half day Trip Number of Trips _____ (*special rates)

Accommodations:

Luxury Spa & Golf Beach Resorts: (Select your choice):

View Link <http://www.fivestaralliance.com/luxury-hotels/266/los-cabos>

Cabo San Lucas: *Grand Fiesta Americana *Sheraton Hacienda del Mar *Villa del Arco

San Jose Del Cabo: *Hilton Los Cabos Club Regina Barcelo Grand Faro

Others: (specify) _____ (*special rates)

Other Quality Hotels: (Select your choice):

Cabo San Lucas: Marriott Los Cabos *Bahia Hotel *Marina Fiesta

San Jose Del Cabo: Holiday Inn *Club Solaris Tropicana Inn

Others: (specify) _____ (*special rates)

Do you want All Inclusive? Yes No

Other special requests: _____

Chauffeur/Hostess Service:

Do you require airport transfer to hotel and medical appointments? (no charge) Yes No

Do you require a chauffeur/hostess for all transfers, including sightseeing tours? Yes No

Thank you for completing this wellness questionnaire. Should you have any questions, please enter below any other information you would like us to know.

Please send the completed Wellness Vacation questionnaire together with the Medical questionnaire as an attachment by email to:

confidentialquestionnaire2@gmail.com

For general inquiries: healthwellnessloscabos@gmail.com / Telephone: 52 624 157 1970