

tips for your appointment day



THE IOWA
CLINIC

EXECUTIVE HEALTH

WHAT TO BRING

- // Wear or bring your glasses/contacts
- // Athletic shoes
- // Active wear for stress test
- // Laptop, tablets or other electronics if desired

WHAT TO WEAR

- // We want you to be comfortable, so please wear casual attire you would normally wear to the doctor's office.

AMENITIES

- // A private lounge area with a secure area to store valuables
- // Shower and dressing facilities
- // Toiletries, hairdryer
- // Desktop computer for work emails
- // TV, magazines, newspapers
- // A healthy breakfast and lunch

ARRIVAL

- // All Executive Health appointments are scheduled at our West Des Moines campus located at 5950 University in West Des Moines. Please use Entrance 3 on the East side of our facility.
- // The Clinical Liaison will greet you upon your arrival at Entrance 3.

THROUGHOUT THE DAY

- // You will visit departments on various floors of the building.
- // The Clinical Liaison will escort you to and from your various appointments throughout the day.
- // The Clinical Liaison will be readily available for you to answer any questions you may have.

REVIEW OF RESULTS

- // You will return to the executive suite while your physician reviews all available results.
- // You will meet with your physician to review your health status, available test results and address any questions you may have.
- // You will receive a comprehensive report, including a summary overview of your health, test results and recommendations.
- // You will meet with a health coach to address recommendations and develop effective strategies for healthy living.