



Prota Clinic is a Manitoba-based clinic that provides clients with an **Executive Health Assessment**. Using proactive detection and advice, we can help you live longer and also improve your quality of life into the future.

WHAT IS AN EXECUTIVE HEALTH ASSESSMENT?

The Executive Health Assessment is a very thorough screening that is designed to find problems that are obvious, find problems you might not be aware of, and identify risk factors based on your lifestyle, family history, and current condition. The purpose is not to provide treatment, but rather a big picture of your current health and a plan to improve your quality of life and longevity. That process is led by physicians, and includes lab testing, imaging, and consultations with our dietitian and our physiotherapy partners. All women, as part of the Executive Health Assessment, undergo a thorough women's health screening process at no additional cost. This includes special lab tests, HPV screening, and ultrasound.

Once you have gone through the assessment, your Prota team meets to share results, discuss recommendations, and create a plan for you. The plan could be activity- or lifestyle-targeted based on your risk factors and also on your current lifestyle. If you have recurring conditions, athletic or physiotherapy can be set up. For the elderly, physiotherapists can work on quality-of-life care, like prevention of falling and injury, balance, or walking aids. If you are active or a serious athlete, and are already monitoring diet and exercise, the team can focus on how to maximize your lifestyle for training. Our team can also help with weight-loss goals.

WHAT IS ASSESSED?

The most common medical issues threatening wellness such as cancer, heart disease, kidney disease, strokes, and others are not only targeted by the examination and medical history, but also by lab and imaging studies that go beyond routine exams. In addition, nutrition, physical fitness, and lifestyle are assessed to identify specific needs such as injury-prevention and general health.

DO YOU REPLACE MY FAMILY DOCTOR?

The recommendations that emerge from your annual Executive Health Assessment are a tool to help you set goals to prolong and improve your quality of life. We appreciate that people have doctors with whom they have built sometimes life-long relationships, and we are not seeking to replace the medical care they provide. We encourage you to discuss the recommendations with our health care staff as well as your family doctor. Prota's primary purpose is the assessment. Clients are always encouraged to call with questions or concerns about their health following the assessment, and access our health care services, such as physiotherapy and dietitian.

WHO SHOULD GET AN EXECUTIVE HEALTH ASSESSMENT?

The profound level of care we offer lends itself to providing cutting-edge non-insured services in Manitoba. People who want to know more about their current health profile and their life expectancy can get those answers through the Executive Health Assessment. In addition, those with family medical histories that raise flags about longevity can also get peace of mind from the annual assessments and the strategic health planning that they involve.

In addition to individuals, many businesses require employees and executives to get Executive Health Assessments regularly as part of Human Resources management. It encourages their employees to be proactive about their health. Businesses that are interested in assessments for their employees should contact us at Prota Clinic to explore options.

HOW DOES PROTA CLINIC'S EXECUTIVE HEALTH ASSESSMENT COMPARE TO SIMILAR SERVICES OFFERED ACROSS THE BORDER?

Overwhelmingly, our clients that have previously sought preventative health assessments elsewhere say that Prota Clinic offers an assessment experience that exceeds their expectations. Our assessment reports, as well as the follow-up planning, are extensive and comprehensive. In addition, because we are local and our health care associates have practices in the community, we are here to help our clients navigate the follow-up care in the province, which is often the most daunting part of implementing effective preventative health care strategies.

In addition to individual benefits, businesses benefit from access to a comprehensive local assessment provider, as it eliminates the loss of employee time and costs associated with travel to another city or country to have a health assessment completed.

IS THE EXECUTIVE HEALTH ASSESSMENT COVERED BY MEDICARE?

The Executive Health Assessment is an uninsured service that does not fall under Medicare, but may be covered by Health Spending Accounts, much like ancillary health care services like optometry. Check with your insurance benefit provider to see if our preventative health care services are covered. In addition, the services may be tax-

deductible.

WHAT OTHER SERVICES DOES PROTA CLINIC OFFER?

We are a comprehensive clinic that offers the best in uninsured health services. Our associates offer physiotherapy, athletic therapy, massage therapy, acupuncture, and nutritional counseling. Our Vein Therapy Center offers cutting-edge, doctor-led procedures including laser venous ablation and radio-frequency ablation that requires no significant anesthetics. It is a walk-in procedure that can be done in one hour. We can treat everything from the smallest spider veins to varicose veins, venous insufficiency, and ulcers. The Prota Clinic Cosmetic Therapy & Laser Center specializes in snoring therapy, hot sculpting, wrinkle reduction, hair removal, and non-invasive laser face lifts.

For more information about our services, visit us at protaclinic.ca.



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