

Tier 1 Itinerary

Lab work scheduled 1-2 weeks prior to physical at select ProMedica Laboratory

7:00 a.m. – Wildwood Medical Center – Icaria - Suite 101

- Welcome and Review of Itinerary with Icaria Staff

7:05 a.m. – Fitness Room

- Body Composition (InBody)

7:15 a.m. – Client Suite

- Consultation with Icaria Physician

7:30 a.m. – Exam Room

- Collect Vitals
- Resting EKG
- Hearing Screen
- Vision Screen
- Pulmonary Function Test
- Complete Physical Exam

8:15 a.m. – Icaria Imaging

- DEXA scan (bone density)

8:30 a.m. – ProMedica Wildwood Orthopaedic and Spine Hospital

- Coronary CT Angiogram with Calcium Scoring (scan of the heart)
- Chest X-Ray
- Mammogram (optional)

9:00 a.m. – Client Suite

- Nutrition Consultation with Registered Dietitian

10:00 a.m. – Fitness Room

- Fitness Evaluation with Exercise Physiologist
- InBody Review

11:00 a.m. – Exam Room

- Natural Wellness Service (Acupuncture/Cupping/Supplement Evaluation) or Massage

12:00 p.m. – Client Suite

- Lunch

12:15 p.m. – Client Suite

- Review and Recommendation Session with Icaria Physician

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