

Standard Protocol Frequency



Our Tailored Approach

At Mayo Clinic, the needs of the patient come first. We rely on the medical knowledge of Mayo Clinic physicians to diagnose and address issues presented during your Executive Health exam. Additional testing or a varied testing schedule may be necessary.

Most Common Services

Scheduling Frequency

Abdominal Aortic Ultrasound

Frequency based on age, gender and health-risk status

Audiogram

Baseline at age 50; repeat as indicated

Bone Density

Frequency based on age, gender and health-risk status

Colonoscopy, Base Procedure

Baseline age 45; repeat every 5-10 years or as indicated

**Comprehensive History & Physical
(with written report)**

Annually

CT Coronary Calcium

Women: baseline age 55; repeat as indicated
Men: baseline age 40; repeat as indicated

Exercise/Treadmill ECG

Baseline at initial visit; repeat as indicated

Breast Cancer Screening

Women: baseline age 40; then annually

Resting ECG

Baseline at initial visit; repeat as indicated

Cervical Cancer Screening

Women: as indicated

Prostate-specific Antigen

Men: baseline age 40; then annually

Various Lab Work (including)

- Hepatitis C
- HIV

Annually
Frequency based on age, gender and health-risk status
One-time screening

