

**University of Michigan
Cardiovascular Executive Health Program
Sample Schedule- 1 ½-Day Program**

Initial Visit

8:30 am	Client Arrives at U-M hospital
8:30-9:30 am	Orientation with Program Coordinator about the day MDCT Coronary Calcium Detection Test
9:30-9:45 am	Transport Client to Dominos Farms
9:45-10:15 am	Blood Work Heart-Healthy Continental Breakfast Provided
10:15-10:30 am	Nurse Screening (to ensure safety of taking stress test)
10:30-11:00 am	Carotid Ultrasound
11:00-12:10 pm	Body Composition Assessment Treadmill Stress Test with VO ₂ Strength and Flexibility Testing
12:10-1:20 pm	Review Food Survey & Heart Healthy Lunch
1:20-1:45 pm	Break Time
1:45-3:00 pm	Extensive Exercise Consultation
3:00-4:00 pm	Therapeutic Massage

Day Two

9:30 am	Client Arrives at Domino Farms
9:30-9:45 am	Orientation with Program Coordinator about the day
9:45-11:00 am	Extensive Stress Management Consultation
11:00-12:00 pm	Extensive Nutrition Consultation
12:00-1:00 pm	Heart Healthy Lunch
1:00-2:00 pm	Cardiologist Consultation Develop STOP-CAD Action Plan
2:00-2:15 pm	Meet With Program Coordinator to Discuss Follow-Up

1-Month Follow-Up

8:00-8:30 am	Blood Work
	Heart Healthy Snack
8:30-9:30 am	Exercise Consultation
9:30-10:15 am	Nutrition Consultation
10:15 -10:45 am	Stress Management Consultation
10:50 -11:20 am	Cardiologist Consultation
11:30-12:30 pm	Therapeutic Massage
12:30 -12:45 pm	Wrap-Up with Program Coordinator

9/4/2008