

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

Initial Visit

8:20 -8:30 am	Client Arrives at U-M Hospital Orientation with Program Coordinator about the day
8:30-9:30 am	MDCT Coronary Calcium Detection Test
9:30-9:45 am	Transport Client to Dominos Farms
9:45-10:00 am	Blood Work
10:00-10:40 am	Heart-Healthy Continental Breakfast Provided
10:40-11:00 am	Nurse Screening (to ensure safety of taking stress test)
11:00-11:30 am	Carotid Ultrasound
11:30-12:30 pm	Body Composition Assessment Treadmill Stress Test with VO ₂
12:30-1:00 pm	Nutrition Consultation (30 minutes)
1:00-2:00 pm	Heart Healthy Lunch
2:00-2:30 pm	Exercise Consultation (30 minutes)
2:30-3:00 pm	Stress Management Consultation
3:00-4:00 pm	Cardiologist Consultation Develop STOP-CAD Action Plan
4:00-4:15 pm	Meet With Program Coordinator to Discuss Follow-Up

1-Month Follow-Up

8:00-8:30 am	Blood Work Heart Healthy Snack
8:30-9:00 am	Lifestyle Management Follow-up
9:00-9:30 am	Cardiologist Consultation
9:30-9:45 am	Wrap-Up with Program Coordinator