

How to Maximize Your Healthnetwork Benefits

by Richard H. Cartabuke, MD Internal Medicine and Geriatrics, Cleveland Clinic
Medical Director, Healthnetwork Foundation



People depend on you. You can't afford to let a surprise health crisis derail you and the important work you do. Fortunately, through Healthnetwork Foundation, you have a fast track to the best medical centers and specialists in the country. For some of you reading this, Healthnetwork is one of those background benefits –you hope to never need it, but you appreciate the peace of mind that comes from knowing it's there. For others, Healthnetwork has already been a game changer for your life and health. Whatever your relationship with Healthnetwork, you can rest assured knowing we are here for you if you ever need us, and you can make sure you're getting the most benefit by taking care of a couple of things on your end.

1. Schedule an Executive Physical

Business leaders and entrepreneurs tend to be proactive people. However, I've observed in many cases, this does not always extend to health. I get it. You're busy and healthy, running businesses, managing teams, traveling, raising families ... and the thought of scheduling multiple appointments for health screenings and check-ups is unappealing to say the least. But your health is too important to put off! And Healthnetwork's Executive Physical program takes away all the excuses.

I see patients at Cleveland Clinic every week for executive physicals, and I know the value these programs bring to busy business leaders. It's your one-stop shop. You can get all those important proactive tests and screenings done in an efficient, expedited way at one of the best medical centers in the country. One of the benefits of working with Healthnetwork to schedule your executive health physical is that because of their connections to hospital partners around the country, they can match you with the right program for you to address your concerns, fit in with your schedule, and achieve your health goals. Furthermore, it can be an important step in the prevention of a problem before it begins, keeping you at the peak of your overall health performance rather than being reactionary to an adverse event. It's available to you as a Healthnetwork member, and I can't think of a single reason not to take advantage of it.

2. Establish a PCP

If you need a referral to see a specialist, it's usually easier and faster when you already have an established Primary Care Provider (PCP). I've observed that younger people, in particular, often don't have a PCP, especially if they've moved away from their hometown and are in good health.

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Because of the personal relationships and systems Healthnetwork has in place, we can usually get you to the right specialists very quickly. Having a PCP is one step you can take now to make sure our process goes as fast as possible in a moment of crisis when speed and efficiency are of utmost importance. These relationships help bridge the gap when you may be in need of acute care, such as a sinus infection, or something that develops that needs to be managed more longitudinally.

Here's my challenge to you today: Be the CEO of not only your own health and for those within your sphere of influence. Lots of people are observing you, and you are influential to many people. Make it count—in the discussions you have and the actions you take.

For more information on anything I've shared here, you can contact Healthnetwork President Megan Frankel at mfrankel@healthnetworkfoundation.org. And make sure you're staying connected for the latest news and stories from Healthnetwork.

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