Health and Wellness Services

Memorial Hermann Employer Solutions is here to assist your company and your employees with managing health and associated healthcare costs. Our comprehensive Health and Wellness Services help companies maintain a healthy workforce and reduce healthcare costs by identifying, addressing and reducing health risks before they turn into significant medical issues. These services also help employees improve overall health, by engaging members to be proactive in the management of their personal health and wellness through education, behavior modification, and health risk analysis.

We analyze the overall employee risk factors and provide a detailed report, designed to assist with determining educational needs and environmental changes for your company. We also confidentially evaluate each member’s behaviors and health risks and provide high-risk clients with lifestyle solutions through education and coaching. Our dedicated Memorial Herman team engages individuals in behavior modification by working with them conveniently over the phone, online, by mail and/or at their place of employment.

We can implement full wellness programs or complement existing wellness programs with a la carte options and services.

Wellness Programs

Health Promotion
• Onsite seminars
• Webinars
• Group classes
• Healthy vending
• Wireless pedometer integration
• Lunch ‘n Learn programs
• Online scheduling with email reminders

Individual Coaching
• Phone-based, web-based and onsite coaching
• Certified health coaches
• HRA & biometric screening-based health analytics
• Wellness portal integration

Health Screenings

Onsite and Offsite Screening Solutions
• Mobile screening events, staffing and management
• Network of Memorial Hermann-affiliated clinics and hospitals
• Basic, comprehensive and custom screening packages
• Health risk assessments (HRAs)
• Education
• Event-data reports
• Online scheduling with email reminders

Seasonal and Travel Vaccinations

Onsite Immunization Solutions
• Mobile immunization events, staffing and management
• Network of Memorial Hermann-affiliated clinics
• Flu and preventable disease vaccinations
• Online scheduling with email reminders

For more information, or to schedule an appointment or event, call 713-338-6519, 1-800-778-8935 or email: wellness@memorialhermann.org
Executive Health

Comprehensive Health Evaluations/Physical Examinations for Executives and Employees

The Memorial Hermann Executive Health program at Memorial City is Houston’s premier comprehensive wellness and prevention exam designed to identify health risks early, before they result in serious illness. We offer a comprehensive personalized health care experience that assures your convenience, privacy and comfort in a serene and relaxed environment.

Because we are located within an award winning, nationally-renowned health system, we can offer you the full range of medical care, testing and referrals to specialists that you may need, right within our own facilities.

We Offer

- Comprehensive tests tailored to your individual needs
- Personal consultation with our physician, dietitian and other medical specialists
- Secure patient portal providing instant access to your medical records
- Convenient online appointment scheduling
- Serene and relaxed environment

Our packages are tiered based on clinical indications for age and gender. Optional tests are available according to individual risk factors and company guidelines. Our plans range from our standard offering to our completely customized, concierge-based package.

Our standard Executive Health test includes:

- Comprehensive medical evaluation
- Complete blood chemistry profile
- Diagnostic lab testing
- Cardiovascular testing
- Medical screenings
- Musculoskeletal evaluation
- Preventive testing
- Physical Fitness profile
- Nutritional Assessment
- Hearing & vision test
- Gender-specific testing, such as pelvic exam, mammogram and bone density

What to Expect

One of our doctors will conduct a thorough review of your medical and family history, followed by a complete comprehensive physical examination. You will also receive a consultation with both a chiropractor and registered dietitian to assess your fitness and nutritional habits.

You will leave with a copy of your blood work, and we will send your complete Executive Health physical results within 2 weeks. If you choose, we can also send a copy to your personal physician.

For more information or to schedule an appointment, call 1-855-588-EXEC (3932)