A Lifestyle Assessment

Optimize your lifestyle for good health. Your physician will discuss nutrition, exercise, and stress factors in your life. Through a session with our expert lifestyle coach, you'll also have the opportunity to gain further insights into your health and a strategy for healthy living designed just for you.

During Your Visit

Upon arrival, you will be greeted by our patient coordinator to discuss the appointment scheduling and to complete registration formalities. Our world-class internist physician will perform a physical exam. Based on your individual needs (age, medical and family history, current health, etc.), you will see other distinguished consultants.

After completing your itinerary, you will meet with your coordinating physician to review and discuss the test results. You may also receive additional recommendations for treatment, care, or follow-up. A written report summarizing your results will be provided.

Preparing Your Visit

On the day of your appointment, please be sure to bring the following:

- List of current medications
- Medical history
- Comfortable clothing and shoes for the treadmill test

Kindly follow any instructions you received for test preparation and have fasted for six (6) hours prior to your appointment.

To Make an Appointment

To schedule an appointment with the HMGH Elite Health Check program, or for further information, please call 4024 0902 and speak to our program coordinator.

مستشفى حزم مبيريك العام
Hazm Mebaireek General Hospital

عضو في مؤسسة حمد الطبية
A Member of Hamad Medical Corporation

Elite Health Check



Elite Health Check

The Hazm Mebaireek General Hospital (HMGH) Elite Health Check is an advanced examination program that provides convenient access to the best private physicians and personal healthcare, delivered on your schedule.

The Elite examination includes a premier, personalized health screening and assessment that addresses your specific health needs, educates you on the next steps, and meets the demands of your busy schedule, all so you can protect your health.

The HMGH Elite Health Check guarantees an experienced team of world-renowned consultants, cutting-edge technology, personal services, and strict confidentiality. In a streamlined half-day experience (4-5 hours), each patient receives a comprehensive physical exam and assessment, including appropriate medical tests, screenings, and health and fitness education, all individually tailored.

Additional tests can be accommodated by consulting with your Health Check Team. During your final interview, your physician will discuss ways to maintain and improve your health based on your medical history, lifestyle, and the results of your tests.

Thank you for considering Hazm Mebaireek General Hospitals Elite Health Check. We look forward to serving your health.

Mr. Hussein Ishaq
Executive Director Hospital

Dr. Moustafa A Khalil
Medical Director

Dr. Mohamad Khatib
Program Director, Elite Health Check



Elite Health Check Program

Your in-depth executive physical is rooted in an extensive conversation with a HMGH physician. You can expect a series of tests and a thorough discussion of your current health and any concerns, along with recommendations for how to maintain a healthy lifestyle at home and at work.

Your physical examination will include conversations focused on wellness and lifestyle, including sleep, stress management, exercise, and nutrition. We will identify risk factors or early signs of disease to provide you with the important knowledge you need to manage your health. Your comprehensive health evaluation is thoughtfully designed by distinguished physicians around your individual medical history, American Medical Association guidelines, and your personal health interests.

Our physicians spend quality time focusing on the issues that are important to you. Based on your individual health profile, you may see other HMGH medical team members during your visit. And because we know you value your time, our staff works with you to schedule all appointments coordinated to minimize time away from the office and home.

Laboratory Screening and Preventative Screening Tests

The Elite Health Check offers you the opportunity to complete health screenings, tests, and immunizations that are age-specific within our comfortable suite with your dedicated physician and our health experts. If needed, you can see a specialist without leaving the campus.

Further testing can be tailored based on your needs and physician discretion.

Depending on your individual health needs, your physical will include:

- Cardiology, dental, internal medicine, and urology evaluation
- Stress echocardiograph
- Chest x-ray
- Abdominal ultrasound
- Laboratory tests, including blood work (lipid evaluation, HbA1c, etc.)
- Immunizations
- Pulmonary function test (PFT)