Protecting Your Most Valuable Assets
Princeton Longevity Center is a next-generation preventive medical facility with locations throughout the Northeast. Our Centers provide one of the most advanced, integrated and individually tailored programs in the country for improving and sustaining well-being and longevity as well as evaluating and modifying risk of future disease. Have your Executives take advantage of one of the country’s most Comprehensive Programs.
More than just a detailed physical—It’s the start of a program to enhance health for years to come.

Time and Attention

A routine 15-minute annual physical may not be capable of detecting early stage health problems before symptoms develop—when they are more easily treated with better success. Our six to seven hour Executive Exam offers personalized attention from an expert team of clinicians who can help your executives take a proactive approach to their health. Our physicians see only three patients a day to ensure that their “physical” is truly head to toe.

Technology

Being a leader in Preventive Medicine means staying on the cutting edge of medical technology. The PLC includes tests—like 64-Slice High Definition imaging—that can’t be found in a regular executive exam center. These advanced tests can provide the earliest warning of heart attack and stroke risk, ten to fifteen years in advance of symptoms or other abnormal tests (stress test, EKG, etc). In addition to detecting coronary artery disease, non-invasive 64-Slice imaging can detect aneurysms, lung disease, colon polyps and many early-stage cancers.

Convenience

All testing, expert consultations and results are completed during a day-long program. When our client’s exam is through, they will know what their true risk factors are and how to keep those risks from becoming health problems. Additionally, with Wellness Coordinators dedicated to making their day run smoothly, we are able to provide the exceptional attention they need to make a day taken from their busy schedule seem flawless.

Value

The Princeton Longevity Center’s Comprehensive Exam offers unmatched value. Our program is one of the nation’s most in-depth and effective Executive Exam available at any price. We know your most valuable assets are your executives and key employees. Disability, sudden death, and costly medical claims are often predictable and the result of preventable diseases. Early disease detection and treatment can keep your executives healthy and productive while minimizing long-term costs.
Exam Overview

Comprehensive History & Physical Examination
Our medical staff thoroughly reviews your executive’s medical history, family history and other factors that might contribute to future disease. Our Board Certified physicians give them the time and attention they need to evaluate their true health.

Preventive Cardiology
Go beyond risk factors that can only estimate your executive’s probability of heart disease. Our state-of-the-art Cardiac CT will painlessly look directly at the coronary arteries to detect the earliest stages of plaque, years before other tests. PLC employs the latest genetic testing and treatment options to create an individually tailored plan for your executives to avoid heart attacks and strokes.

Fitness Assessment
Our Expert Physiologists measure your executive’s body composition, strength, flexibility, posture and level of fitness to design a personalized exercise plan that fits into their busy lifestyle. Whether your executive works long hours or travels frequently—we will show them how a fitness program does not have to require expensive equipment or large amounts of time to have a dramatic effect on their health now and in the future.

Nutritional Assessment
PLC’s expert Dietitians will show your executives how to optimize their diet and nutrition in ways that work with their lifestyle. Their plan also includes guidance on proper use of vitamins and supplements to maintain optimal health and help to prevent future diseases.

On-Site Laboratory Tests
Our laboratory tests will evaluate the health of your executive’s organs, check for diabetes, thyroid abnormalities, as well as assess their risk for coronary artery disease and screen for early warning signs of cancer. Lab test results are available the same day.

Advanced Imaging
Our 64-Slice CT empowers us to take a preventive approach to your executive’s health with low-dose imaging of internal organs. Our scans can give your executives advanced warning of developing diseases—including heart and vascular disease, aneurysms, cancers and many other diseases—before symptoms are present.

Women's Health
Our experts provide an experienced, proactive approach to managing and preventing osteoporosis, peri-menopausal and menopausal symptoms, breast & ovarian cancer and more. We can provide the guidance and advice your female executives need to make decisions about hormonal therapy, alternative medicine and lifestyle management.
Too often diseases—like cancer, aneurysms and heart disease—go unnoticed until it’s too late.

Your Executive’s Comprehensive Exam can find problems before symptoms appear—when treatment is easier and more effective.

Using the Latest Technology for the Detection of Early Stage Disease

- Lung Cancer and Diseases of the Lung
- Kidney Cancer, Tumors and Stones
- Aneurysms
- Heart Disease
- Ovarian and Uterine Diseases
- Colon Cancer, Polyps and other Diseases of the Colon
- Prostate Disease
- Visceral Fat/Early Diabetes
- And Other Abnormalities

Princeton Longevity Center
Preventing disease and achieving optimal health takes more than just one day. The Princeton Longevity Center is a leader in establishing on-going Lifestyle and Monitoring Programs to ensure that your executive’s Comprehensive Exam translates into a positive change in their health. We’ll work with you throughout the year as coach and mentor to help you stay on track.

- Video Conference with your dedicated wellness team—both a convenient and effective way to follow-up on routine medical problems or questions in the comfort of your home/office without losing time traveling
- Prescription Drug Monitoring and Refill Services
- Physician Consultations in office or via video conference to monitor your progress and assess program outcomes
- Health Coaching with Dietitian and Exercise Physiologist to keep you engaged and motivated with your wellness plan
- Remote goal assessment via IPhone or Android App with real-time feedback and Health Coach Analysis
Your road to optimal executive health is closer than you think…

Locations One Hour or Less from New York, Philadelphia, Stamford & Washington DC

Easy Access from Major International Airports

On-site or Nearby Hotels and Top-Rated Restaurants

Complimentary Flight, Limo, Hotel and other Travel Coordination

Complimentary Travel & Concierge Services

Let us help make your executive’s visit flawless. Their personal Patient Care Coordinator is able to assist with travel needs including airfare, train schedules, limo transport and hotel bookings.
Because they’re busy—and you need everything done in just one day

Exam Components

Medical Health Assessment
Thorough Physician review of medical history and current health status
- Comprehensive Physical Examination
- Audiometry
- Visual Acuity & Glaucoma Screening
- Bone Densitometry (DEXA)

Laboratory Evaluation
Comprehensive metabolic profile including Liver and Kidney Function
- Cardiac Risk Profile: Cholesterol, HDL, LDL & Triglycerides
- Complete Blood Count
- Thyroid Profile
- Urinalysis
- Iron Profile
- Prostate Specific Antigen Test (Men over 40)

Cardiovascular Risk Assessment
- 64-Slice CT Heart Scan and Calcium Scoring
- Electrocardiogram (ECG)
- Treadmill Stress Test

Cancer Screening—Men & Women
- Lab Analysis and Risk Assessment
- Full Body Skin Check

Pulmonary Risk Assessment
- Pulmonary Function Testing (Spirometry)

Nutritional Evaluation
- Personal Consultation with Registered Dietician
- Body Composition Analysis by DEXA
- Computerized Analysis of 3-Day Food Diary
- Quantitative Analysis of Nutrient Intake
- Personalized Nutrition and Weight Management Plan

Personal Wellness Plan
- Detailed Review of Test Results and Medical Findings with Physician
Exam Pricing

Comprehensive Executive Exams - Discounted Corporate Pricing for Groups of 5 or More

Exam Elective Options

Full Body/Vascular Scan
- For early detection of many cancers, aneurisms, kidney stones, hernias and other anatomical abnormalities.
- CT Imaging of Lungs, Heart, Abdomen and Pelvis and Total Vascular Scan

Virtual Colonoscopy
- A comfortable, safe and effective alternative to invasive Colonoscopy

Advanced Cardiac Assessment Package
- Non-Invasive 64-Slice CT Cardiac Angiography
- Advanced Cardiovascular Lipid Analysis
- (Optional) Carotid CT Angiography

Personalized Fitness Assessment & Program
- Detailed Consultation with Clinical Exercise Physiologist
- Measurement of Aerobic Capacity and Biologic Fitness Age
- Evaluation of Strength, Agility, Balance, Flexibility, Endurance, Gait
- Personalized Exercise Prescription

Golf Clinic Fitness Upgrade (Includes Fitness Assessment)
- Work with our professionally trained Exercise Physiologists on the bio-mechanics of your golf swing

Women’s Health Components
- Pap Smear and HPV Test
- Mammography
- Pelvic Ultrasound

Follow-up Program Options

1 Year Premiere Access Follow-up Program
- 2 Follow-up Physician Consultations In-Office or via Video Conference
- Prescription Drug Monitoring and Refill Services
- 6 Health Coaching Sessions with Exercise Physiologist or Dietitian via Phone or Video Conference
- State of the Art Mobile App Implementation for Remote Goal Management

1 Year Advantage Follow-up Program
- 6 Health Coaching Sessions with Exercise Physiologist or Dietitian via Phone or Video Conference
- State of the Art Mobile App Implementation for Remote Goal Management

Because this exam could save the life of your executive and the health of your company
But don’t take our word for it...

“Great experience. Changed my life and got me focused. Everyone should come here.”

“Professional, intellectual approach to wellness with a staff that provides the atmosphere of a five-star hotel.”

“Wonderful staff, everyone is outstanding... PLC continues to be the best experience I’ve ever had as a patient anywhere. I already recommend PLC to colleagues and friends.”

“They were all professional, caring and overall I was very impressed. The most professional and friendly I have experienced (including Mayo).”

“I am a very optimistic person and expected an excellent day when I signed up. Your staff and services were better than I even imagined. I will be using your services once a year as I believe in what you do. Thank you.”

“Professional, comfortable, friendly, compassionate all describe the people I dealt with. You are what you advertise.”

“Everyone was very helpful and fully focused on my tests and evaluations. I enjoyed the efficiency and completeness of the exam and tests including the immediate feedback on things like blood work, DEXA, etc.”

“The Virtual Colonoscopy reveals a resolution that must be seen to be believed.”

“I never had a doctor spend so much quality time with me. Every staff member was unfailingly pleasant and helpful.”

“The PLC was recommended to me by a friend who hadn’t seen a doctor in 20+ years. He was very pleased and relieved. So was I! Keep up the great work!”