

Invest in your employees' future with the ultimate in preventive care.

Welcome to a new era of elite health and wellness with NASH Executive Health.

Clinical Excellence in Vibrant Monterrey, Mexico

The NASH Executive Health Program offers access to world-class specialists at a state-of-the-art medical facility that will give you a personalized, high-touch experience and deep insights into your health.



A multidisciplinary team providing a patient-centered experience at Zambrano Hellion Hospital, an internationally recognized medical center in Monterrey, Mexico



Comprehensive packages that ensure a streamlined process from travel arrangements to accommodations



Tailored programs designed to meet your unique needs and health goals



Personalized care from start to finish, including access to the executive lounge with high-speed internet and private workspaces, an end-of-visit physician review, and a comprehensive summary of your results

Learn more about the transformative potential of our cost-effective, patient-centric solutions. Contact us today.

sales@NASHcares.com
+1 (833) 833-6204

Executive Health packages include standard testing based on gender and age, and add-ons that provide deeper insights into specific areas of interest.

	Men Under 40 Years	Men Over 40 Years	Women Under 40 Years	Women Over 40 Years
Lab and Blood Testing				
Complete Blood Count	●	●	●	●
Blood Chemistry 24 Panel	●	●	●	●
Lipid Profile	●	●	●	●
Urinalysis	●	●	●	●
Cervical Cytology (Pap Smear)			●	●
Prostate Specific Antigen Test (PSA)		●		
Glycosylated Hemoglobin	●	●	●	●
Female Hormone Profile II (EST, PROG, FSH, LH)				●
Testosterone Test		●		
TSH (Thyrotropin Stimulating Hormone)	●	●	●	●
Radiology and Imaging				
Electrocardiogram	●	●	●	●
Cardiac Stress Test	●	●	●	●
Lung Spirometry Test	●	●	●	●
Chest X-Ray (One Position)	●	●	●	●
Other Studies				
Pure Tone and Speech Audiometry	●	●	●	●
Ophthalmology Consult	●	●	●	●
Nutritional Consultation (Includes Body Composition Analysis)	●	●	●	●
Internist Consult and Evaluation	●	●	●	●
Exercise Therapy Session (Egoscue)	●	●	●	●
Comprehensive Medical Report	●	●	●	●

Optional add-ons: Colonoscopy, Sleep Study, Dermatology Consult, Small Skin Sample Biopsy, Large Skin Sample Biopsy, CT Pulmonary Angiography, CT Arterial or Venous – Upper or Lower Limbs Angiography, CT Brain Arterial or Venous Angiography, CT Brain Perfusion, CT Abdominal Aorta Angiography, CT Thoracic Aorta Angiography, CT Brain Angiography, Complete Abdominal Ultrasound, CT Coronary Calcium Score, Chest CT (Low Dose), Arterial or Venous Upper Limbs or Lower Limb Doppler Ultrasound, 3rd Generation Allergen Profile, Vitamin D-Hydroxylase 25, Vitamin B12, Bilateral Breast Ultrasound, Bilateral Mammogram, CT Simple Complete Abdominal, CT Complete Abdominal with Contrast, Simple Chest Mediastinal CT, Chest Mediastinal CT with Contrast, Bone Densitometry (Hip and Spine), Additional Exercise Therapy Sessions