

# LIVE A HAPPIER, HEALTHIER AND LONGER LIFE



## **ELAINE CHIN, M.D., M.B.A.**

FOUNDER, CHIEF MEDICAL OFFICER

*Dr. Elaine Chin is an expert in the emerging field of Precision Medicine. It leverages the latest advances in digital technologies, biometrics and Functional Medicine to make living longer, happier and more productively a reality for everyone.*

*Dr. Chin earned her medical degree and MBA from the University of Toronto. She's been the Chief Wellness Officer at TELUS Communications and is the Medical Consultant at Good Housekeeping Institute's Wellness Lab in New York.*

*For over 10 years, she's been the CEO and Medical Director of the Executive Health Centre, a Precision Medicine clinic in Toronto.*

### **Q. In the 30 years since you graduated from medical school, how has preventive health care evolved?**

Unfortunately, your annual check-up has hardly changed at all. The good news is, new breakthrough diagnostics can test you for the things that really count.

Take Genetics testing which can give you an indicator of your disease risks, determine the best diet and exercise program to lose weight and recommend the type of skin care that's best for you.

While these tests have become more accessible, the bad news is many doctors don't yet know how to interpret and advise on them.

That's why I created Executive Health Centre, to provide health consumers with the diagnostic tests and clinical services they'll need to prevent bad things from happening to their health and for ensuring good things.



### **Q. What can I expect to get out of your program?**

First, you get the benefits of a true team approach. Our physicians, naturopathic doctors, nutritionists and behavioural scientists, will expertly curate and interpret your specialized diagnostic results to give you a deeper dive into your health risks. We will meet with you for an initial consultation and later review in a health team conference model for at least 1-2 hours to interpret your tests and create an integrated health action plan with specific dietary, lifestyle, medication and supplement recommendations.

But no health plan survives reality without tracking and re-evaluation – especially if you lead a busy life. So, we work with you to make sure you can start your plan and stick with it easily.

You'll receive concierge-level service throughout your entire experience with us. This is especially true around scheduling urgent appointments at our clinic or with top specialists in Toronto and elsewhere.

You'll also have your own "MyWellnessFile" app that holds all your medical records, action plans and charts your lifestyle habits through wearables and other Apps. It's accessible 24/7 through your App, and you can restrict access or share it with whoever you choose.

### **Q. What makes you different from other executive health providers?**

We are very proactive! Many of our clients lead incredibly busy lives. They feel they're okay physically today, so what's the problem? Well, the problem – the one that will make you very sick -- could be lurking inside your body right now. Or the accumulation of stress and lifestyle could make you more vulnerable not only to serious illness but to lack of good health.

So, we offer FDA-approved tests difficult to access in Canada to find those hidden problems before they become life-threatening ones, especially around cancer, heart disease, diabetes and brain decline.

Once we get those tests back, our team of experts can knowledgeably interpret them. This includes diagnostic testing of your DNA, as well as metabolic, hormone and nutrient levels.

Finally, we integrate the best of Western Medicine and Functional Medicine in order to keep your health at peak levels. We also coach you on how to reduce your risks of serious illness and improve your physical performance and mental stamina – year-round.

Arrange for a visit or phone consultation:  
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Visit us at [ExecutiveHealthCentre.com](http://ExecutiveHealthCentre.com)



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