



MY HEALTH **2022** COMPREHENSIVE
HEALTH PHYSICAL EXAM



Pacific Wellness Center provides the most comprehensive and highly-valued executive exam program in the San Diego area. We offer an unparalleled health experience for today's highly functioning executives and individuals. We work with local San Diego area corporations and businesses as a partner in health.



CONTACT US: 858.230.7770 | info@PacificBeWell.com



Our Founder, Dr. Joseph Moore

A graduate of the University of Virginia School of Medicine, Dr. Moore brings over three decades of medical and Naval leadership experience to the shores of Pacific Beach in San Diego, California. He established the Navy's first Sports Medicine Fellowship Program at Naval Hospital Camp Pendleton, CA in affiliation with UCSD School of Medicine, and served as Fellowship Director from 1990 to 1999. As Commanding Officer for the Naval Hospital Ship MERCY in 2006, he led an international medical team and crew on a humanitarian medical and civic action mission to underserved countries in the South Pacific region.

He currently serves as team doctor to the Olympic swimmers training in San Diego for the 2024 Olympic Games in Paris. His Sports Medicine affiliations included Teaching Faculty at UCSD School of Medicine and Uniformed Services University, Washington, DC; Team Physician at the US Olympic Training Center, Colorado Springs, CO; and team doctor for USA Women's Olympic Ice Hockey. He served as the specialty advisor to the Navy Surgeon General and was Chair of the American Academy of Family Physicians' Medical Education Program for Sports Medicine from 1996 to 2003. His leadership and hands-on training touched thousands of family physicians across the United States.

After retiring as a Navy Captain, he transitioned into Executive Health and Wellness and established the Pacific Wellness Center. He works with senior leaders and executives at Price Waterhouse Cooper, KPMG, MacDonald Douglas, Thermal Fisher, Catalent executives and other institutions to improve individual and overall corporate health.

COMPREHENSIVE HEALTH GOALS

Corporate and Human Resource leaders all agree on the benefits of the periodic, comprehensive physical examination. It is smarter to identify and solve health issues early, before they have a detrimental effect. The Pacific Wellness Center's Comprehensive Health Physical Examination provides proactive, actionable health information at all age levels.

It is appropriate for the busy executive, the engineer in the field or the skilled worker on the plant floor. The elite athlete, the at-home mom, or active retiree will benefit from this evaluation as well.

The goal of the Comprehensive Health Physical Examination is early identification of abnormal health indicators and injury, immediate intervention and treatment, and rapid return to optimal health. Early knowledge and periodic updates of our individual health status is the secret to a longer, healthier, happier life.

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“I am a firm believer in an ounce of prevention being better than a pound of cure. So I was so pleased to discover Dr. Moore’s personalized health care screening program. This comprehensive look at health goes way beyond any “physical” I have had in the past, with the findings and recommendations, explained in layman’s terms and with easy to follow instructions, invaluable.

Dr. Moore’s experience in addressing all manner of health issues gives us great confidence in this program. Highly recommended.”

Dean Sbragia
MBA, CDP, CMDCP
CEO Medical Fitness Solutions

“I’m busy! As a working mom- and almost hate to admit- grandmother – I struggle to find enough hours in the day. That is one of the reasons I so much appreciate the complete health care screenings and individualized wellness roadmap provided by Dr. Moore.

Prior to experiencing the comprehensive health screening at the Pacific Wellness Center I really had very little idea of my overall state of health. There is enormous peace of mind that comes from this knowledge.”

Alejandra Marquez
COO Fitness Systems, LLC

“Having gone through Dr. Moore’s Executive Health Physical for a second year, I find the information critical to improving my health to enjoy a full and active lifestyle today and into the future. In the workplace, we have found employee’s health has often declined due to work stress and/or the less active lifestyle associated with COVID-19 precautions we all have lived with this past year. This is an excellent investment and employee benefit to help our employees regain and maintain their health. Keeping our executive team and employees healthy reduces illness time away from work and employee turnover. Those expense savings far exceed the ROI needed to justify the Comprehensive Health Physical program. The clinic staff is very professional, and the program is performed in a manner that utilizes my time efficiently. Dr. Moore’s goal is unique, to improve health year over year, not just to maintain health.”

J.R.
Senior Executive, PricewaterhouseCoopers (PWC)

“Dr. Moore and his staff have provided unparalleled, quality medical care to our swimmers and coaches. His expertise in Sports Medicine and attention to detail especially during this pandemic have been key to our success in training for the summer Olympics.”

David Marsh

Head coach Team Elite in San Diego, California and Head Women’s Coach 2016 US Olympic Swimming Team

“Dr. Moore and Pacific Urgent Care Wellness Center are always on call to keep me at my healthiest while I’m training for the Olympics. I go to them for everything from a common cold to a muscle strain. My swim team has heavily relied on Dr. Moore throughout the COVID-19 pandemic. His team has helped us stay safe so we can compete. I am so thankful I found such a caring and thorough doctor in San Diego!”

Kathleen Baker

US Olympic Swimming Team, 2016 Summer Olympics, Gold Medal winner in the 4x100-meter medley relay and a Silver Medal in the individual 100-meter backstroke.

“Pacific Wellness Center has kept my health and fitness goals in line for the past five years running. Great customer service and professionalism. I highly recommend Dr. Moore and his team.”

K.F.

Senior Executive, Thermal Fisher Scientific



Pacific Wellness Center

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