



Welcome to One Nineteen Health and Wellness. We are excited that you have chosen us for your Executive Physical. We are here to ensure your physical screening needs are met with ease and unsurpassed personal care. The following information will provide you with an overview of the process and the day ahead.

Medical Concierge:

Donna Limbaugh, RN  
205-408-6552, or 408-6600  
[dlimbaug@stv.org](mailto:dlimbaug@stv.org)

Address:

One Nineteen Health and Wellness  
7191 Cahaba Valley Road  
Birmingham, Alabama 35242

Directions:

Hwy 280 East - past Hwy 459  
Left on Hwy 119 (Cahaba Valley Road)  
1<sup>st</sup> Stop Light – turn Right onto Greystone Way  
Left into parking lot of One Nineteen

Parking:

Park in any available space in front of the building.  
Enter through main entrance of One Nineteen.

Check-In:

Medical Concierge will meet you in the front lobby to escort you through the process. You will need to arrive at 7:45 a.m.

Method of Payment:

Payment is due with registration in order to process.  
All Credit cards are accepted.  
Your Concierge will accept payment for you.  
Payment can also be made online.

Attire:

Wear comfortable, loose fitting clothes. Shorts, tee shirt and tennis shoes will be needed for your fitness assessment. Whirlpool, steam room, sauna, showers and private dressing areas are available for you, following your testing.

\*\* Nothing By Mouth after Midnight.\*\*

We will serve you brunch following your morning tests that require fasting.

Discontinue any blood pressure and/or heart medications 24 hours prior to Stress Test (GXT).

Bring these medications with you the day of your visit, so you may resume them immediately after completion of the test.

Please bring your insurance card with you so we can make a copy in case the physician sees a need for a referral to a specialist.

Additional Services:

One Nineteen offers a wide variety of additional services for you and any guests who may accompany you. This includes a full complement of spa services.

To ensure availability, we would appreciate advance notice in scheduling additional services. This can be handled with one phone call to your Medical Concierge, Donna Limbaugh, RN

Best Regards,  
Stephanie Ledbetter  
Wellness Supervisor  
(205)408-6554