Health is our most important asset. It impacts our jobs, our relationships, and even our ability to enjoy life itself. Unlike a retirement account or a home, health is an asset that often falls to the wayside, supplanting by the obligations of daily life. However, our health—our inherent ability to contribute to the world and to our families—is directly tied to our ability to maintain a healthy body and mind. A life with poor health may be marked by disability, chronic pain, and a reduced ability to provide for our families. Poor health, in its essence, is a lasting inability for an individual to positively engage the world around them.

Carol Scott, MD, MSED, FACEP is the CEO of The Scott Advisory, bringing together the wisdom and experience of more than 20 years supporting wellness for private and corporate clients. She is Board Certified in Internal Medicine and Emergency Medicine. Her services have received praise at UPS, Oracle, Microsoft, Kimberly-Clark, McDonald’s, Morgan Stanley, Merrill Lynch, Barron Inc. and Institute for Preparing Heirs. Her programs educate and entertain, blending the latest breakthroughs in healthcare with an engaging, informative delivery that motivates and inspires.

The Scott Advisory evolved from Dr. Carol’s practice in the Emergency Room. As an Emergency Medicine physician, she has cared for thousands of families whose loved ones faced serious health crises, which often manifested themselves with little-to-no-notice. Her bedside manner has been praised for incorporating more than just emergent medical care: It includes health education, advocacy, and bedside coaching for all patients. In her practice, Dr. Carol recognized that most crises that involve a trip to the Emergency Room could have been prevented with greater awareness and understanding of requisite lifestyle adjustments, combined with knowledge of basic self-advocacy skills. Unfortunately, there are few resources that provide these tools.

Dr. Carol founded The Scott Advisory to fulfill this need. Her services give families a path towards a greater understanding of their health, giving them access to the informed, science-based health choices that will nourish and empower their wellness for generations to come. From bedside to boardroom, The Scott Advisory

The S.C.O.T.T Protocol teaches leaders to take control, navigate and manage their body like a business, empowering all to live healthy longer with zero preventable harmful events.

Attendees Will Learn
• Why a ‘clean bill of health’ with your primary care physician may lead to serious health problems in the future.
• How probabilistic risk assessment tools used in the nuclear and aviation industry can keep you healthier.
• What you can do to take a leadership role in managing your health and wellness.
• Which questions you must ask at your next doctor’s visit.
• Who to include on your personal health leadership team.

Signature Talking Points
• Learn how to create a Personal Health Vision and Mission Statement to guide your wellness choices.
• Find out how families can build a healthier, more resilient future for themselves and their children.
• Discover how to become an advocate for your wellness, and learn which resources you need to make optimal use of the healthcare system.
• Understand how mood disorders can impact wellness based on age, gender and
• Find out how to manage intimate health issues, such as sex after a heart attack.
• Learn what critical factors you must look for when choosing an physician.
• Discover how to get the best second opinion based on the latest medical understanding.
• Build a more resilient future by learning how to prevent and respond to health crises.
• Find out how the latest treatments can manage and even reverse addiction-related disorders.
• What do you have in your wallet? Find out the key things you must carry with you at all times.
• Understand the spectrum of care needed at the end of life, and help build a care strategy for yourself and your loved ones.

“Carol is an outstanding coach for executives. [She] goes beyond helping her clients create a strategy for wellness—she helps her clients make sure that the strategy is implemented and achieves results.”
—Marshall Goldsmith, PhD, Author
The SCOTT PROTOCOL™

- Each year, more than 900,000 people in the U.S. die from heart disease, stroke, cancer, respiratory disease and injury. Up to 40% of these deaths are preventable with the right lifestyle changes, according to the Centers for Disease Control.
- Discover how The S.C.O.T.T. Protocol, a proven risk reduction system that uses that uses methods founded in the nuclear and aviation industry, can help you reduce your risk preventable health issues to zero.

- Self Awareness
  • Gain a higher level of awareness of how lifestyle choices impact your wellness
- Consistent Monitoring
  • Discover simple, easy-to-use ways to detect and respond to health issues before they become serious
- Oversight
  • Learn how to establish a stellar team of healthcare providers to support your wellness.
- Tenacity
  • Create a higher level of personal resilience to help you bounce back quickly from future health problems
- Taking Action
  • Learn what you need to do starting today, and create a healthier you for tomorrow, next year, and for a lifetime.

The following supplements can be added The S.C.O.T.T. Protocol Signature Program

Achiving Fortified Family Health Across Generations

- Friends and family have just as big an impact on our wellness as a physician, according to the Edelman Health Barometer. Our relationships sculpt our health values and choices, for better or worse.
- Discover how to shape your family’s current and future health. Give both you and your family the tools needed to achieve optimal mental and physical wellness. Discover techniques for managing medical records, screening for hereditary disease and more.

MindPause: The Ultimate Stress Reduction Tool

- Chronic stress increases the risk of premature death by more than 50%, according to research from the Center for Healthy Aging Research at Oregon State University. Chronic stress is linked with heart disease, diabetes, cancer and many other diseases.
- Not all stress is bad! Learn how to harness negative stress and turn it into a powerful, uplifting and motivational force in your life. Discover your Best Stress Zone™, a place where you are active and engaged, without the anxiety associated with unhealthy stress.

Why You Must Become an Advocate for Your Health

- Fixing a broken leg can cost up to $7,500, and the average cost of a 3-day hospital stay is around $30,000, according to the U.S. Centers for Medicare & Medicaid Services.
- Gaps in health insurance coverage can delay critical care, and burden families with hundreds of thousands in debt. If you undergo surgery, are you sure all the physicians are in-network?
- Clinical trials give patients access to lifesaving new therapies. How do you access them?
- Go behind the frontlines with an ER physician, and maximize the value of your healthcare.

Interested in the Topics Above? Here’s How it Works:

Phone consultation with Dr. Scott prior to your event to better understand audience.
Personalized executive wellness coaching with key leadership members.
A professionally prepared, dynamic presentation focused on optimal wellness.
A custom resource page, created exclusively for your attendees.
A follow-up communication after event to make sure I met your expectations.

Twitter: @DeCarloScott
Phone: (410)-336-7894
Email: DrScott@TheScottAdvisory.com
Web: https://www.TheScottAdvisory.com