

OVERVIEW PRAEVMEDIC HEALTH CHECKS 2017	HEALTH CHECK 1	HEALTH CHECK 2	HEALTH CHECK 3	HEALTH CHECK 4
Registration: please mention any particular needs & questions	■	■	■	■
Review of your personal case-history with the doctor	■	■	■	basic form
Medication check	■	■	■	■
Medical genogram – (chart of any relevant family medical history)	in depth	■	■	-
Vaccination check	■	■	■	■
Blood test (tailored to match your gender and age)	40 parameters	35 parameters	35 parameters	25 parameters
Urine analysis	■	■	■	■
Bioelectrical impedance analysis of your body composition including BMI and the distribution of body-fat, muscle-tissue	■	■	■	■
Hearing test and eyesight test (primary functions)	■	■	■	-
Medical examination - aimed at the prevention and early detection of any possible concerns and risks for your personal health	in depth	■	■	basic form
Examination of your heart & circulation functions: electro-cardiograms while resting and under various levels of exertion	■	■	-	-
Analysis of the functioning of your lungs	■	■	-	-
Discussion of your current mental-emotional resources, your key stress-factors and any potential consequences for your health and an appraisal of your full potential and coping strategies	in depth	-	■	-
Discussion about unused areas of potential	in depth	-	■	-
Discussion of the state of your overall health and any specific health risks and a detailed explanation of all the relevant medical results	in depth	■	■	-
Preventive advice on your personal nutrition, exercise and regeneration	in depth	■	■	■
Gastroenterological examination (acc. to your age and health condition)	add-on option	-	-	-
Analysis of your posture and the movements of your spine - plus 3-dimensional monitoring of movement-sequences while walking	add-on option	-	-	-
Ultrasound examination of your heart (echocardiography) and of your carotid arteries to assess any cardiovascular risks	add-on option	-	-	-
Heart rhythm flexibility (HRF) 24-hour monitoring & consultation	add-on option	-	-	-
Length of each health check (not including add-on options)	one day	3 hours	3 hours	30 mins / 1 hour



FOR INFORMATION & ALL REGISTRATIONS, PLEASE CONTACT

044 261 05 05

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