

# Medical Check Basic

The Medical Check Basic consists of a medical assessment of your personal state of health followed by a brief consultation review with a doctor and prevention adviser with the aim of optimizing your health in the future.

## For whom is the Medical Check Basic suitable?

For people who would like to know their statistics so that they can remain healthy and active in the future.

### Before the check-up

Once you have registered you will receive a health questionnaire and a screening test kit for colon cancer (from 50 years of age). On the day of your check-up, you will be provided with a small breakfast after your blood samples have been taken.

### Laboratory examination

Urinalysis, complete blood count (CBC), values for your liver, kidney, blood lipids and blood sugar levels, iron levels, uric acid, thyroid value, electrolytes, screening for inflammation parameters, PSA (SDM) for men 45+, colon cancer prevention for men and women 50+ or those at risk.

### Medical examinations

Anamnesis, physical examination, blood pressure and pulse, vaccination status.

### Medical diagnostics

Anthropometric measurements (weight, size, BMI, waist circumference, body fat analysis), resting ECG, exercise ECG with blood pressure.

### Consultation and advice from the doctor

All medical examinations are reviewed with the doctor.

### Prevention advice

Basic advice for a healthy and active lifestyle based on the patient's blood values and tests conducted.

### Scorecard

Lab values, overview of the findings related to the patient's health.

### **Duration**

Approx. 2 hours in the morning and 1 hour in the afternoon.

### **Procedure**

The examinations and diagnostics are performed in the morning and the review and prevention consultation are in the afternoon.

### **Information**

If it is agreed that additional examinations are to be performed, these will be invoiced separately. Any missing vaccinations can usually be performed on site. If any further treatments are necessary or requested, we will be able to organize these.

All personal data is subject to medical confidentiality and are treated with absolute discretion.

### **Appointment**

Please contact us by e-mail, telephone or via the appointment function on our website.

### **Note**

Since the prevention services are not classified as reimbursable services, supplementary insurance policies only cover part of the costs. Please check with your insurance provider in advance.

**Price: CHF 1090**

(incl. VAT)