

# 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. The Basic check-up is based on scientific tests supported by factual evidence.

## For whom is the Medical Check Basic suitable?

Younger people and people who have remained healthy and youthful, who would like to know their statistics so that they can remain healthy and active in the future.

### Services

#### Before the check-up

Once you have registered you will receive a health questionnaire. On the day of your check-up, we will provide you with a delicious 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 value for men under 45, colon cancer prevention for men and women over 50 or those at risk. HIV test on request (not included).

#### Medical examination

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

#### Medical diagnostics

Anthropometric measurements (weight, size, BMI, waist circumference, body fat analysis), basal metabolism, 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.

#### Short report

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



**Duration**

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

**Price**

CHF 980.-

**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 required vaccinations that are missing can be fulfilled on site (not included).

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

**Making an appointment**

T+41 43 243 79 69

checkupcenter-zuerich@medbase.ch

**Note**

Since the prevention services are not classified as reimbursable services, supplementary insurance policies only cover the costs in part. Please check with your insurance provider in advance. Any additional test, examinations, lab values and vaccinations must be paid for separately.

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