

Medical Check Plus

The Medical Check Plus consists of comprehensive diagnostics and the identification of possible risk factors as well as existing health resources. Based on the anamnesis and diagnostics, we provide you with individual advice on health prevention measures with the corresponding tools for the long term. The Medical Check Plus is based on scientific tests supported by factual evidence and advice.

For whom is the Medical Check Plus suitable?

Anybody who wants to find out more about their state of health and is interested in optimizing their health. The Medical Check Plus is the “Golden Standard Checkup“, tried and tested for many years. This basis is always the latest standards in medicine and research.

Services

Before the check-up

Once you have registered you will receive: A detailed health questionnaire, a screening test for colon cancer (from 50 years of age) as well as a movement sensor to evaluate your level of activity in your everyday routine. 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, ambulatory blood sugar levels, iron levels, urea, uric acid, bilirubin levels, pancreatic values, thyroid value, electrolytes, vitamin D, 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, eye test, vaccination status.

Medical diagnostics

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

Diagnostics for fitness, back, life-balance and nutrition

Movement sensor to analyze the level of activity, back check and tests on the factors of strength, flexibility and balance, lactate level test to determine the heart rate range for the endurance training, life-balance questionnaire and a nutrition analysis.



Consultation and advice from the doctor

All medical examinations are reviewed with the doctor. There is enough time afterwards for individual questions.

Prevention advice and coaching

Individual advice and coaching in the areas of movement, nutrition, motivation/behavior/ well-being, relaxation and stress prevention/ stress management.

Tools for long-term use

6-month online training plan with running.coach, smartphone app medbase physio.coach for targeted selection of exercises focusing on strength and flexibility and 2 free entries, valid at all Migros Fitness facilities.

Check-up report

Detailed report from the doctor with all the measurements and advisory tools.

Duration

Approx. 2 ½ hours in the morning and approx. 1 ½ hours in the afternoon.

Price

CHF 1600.-

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.