

Medical Check Premium

The Medical Check Premium consists of evidence-based and comprehensive medical diagnostics as well as the diagnostics performed according to the latest scientific criteria, in the areas of fitness, back, nutrition and heart rate variability. It focuses on detailed and individual consultations with comprehensive measures for preventing stress.

For whom is the Medical Check Premium suitable?

Anybody who wants a complete overview of their state of health, complete with detailed, individual and motivating advice based on the latest research. In situations of increased stress levels at work and everyday routines, or with sleep problems, the heart rate variability measurements provide valuable information on what steps are needed for stress prevention.

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), a movement sensor to evaluate your level of activity in your everyday routine as well as a sensor for the three-day measurement of the heart rate variability. 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), total protein levels, values for your liver, kidney, blood lipids and blood sugar levels, ambulatory blood sugar levels, iron levels, urea, uric acid, alkaline phosphatase, bilirubin levels, pancreatic values, thyroid value, electrolytes, vitamin D, vitamin D12, 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.

Medical examination

Anamnesis, physical examination, blood pressure and pulse, eye test, hearing test and 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 and ultra-sound of the abdominal organs.

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, heart rate variability measurement (HRV) over three days, massage voucher, 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. Voucher for a medical massage (30 minutes), 2-week diet plan from My-Coach 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. If requested, on a credit card style USB stick.

Duration

Approx. 3 to 4 hours in the morning and approx. 1 ½ to 2 hours in the afternoon.

Price

CHF 2300.-

Procedure

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

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.

The ultrasound test is performed on a separate day in advance at our partner surgery in Zürich. The voucher for a 30-minute relaxation or back massage can be redeemed at all Medbase massage centers.

Information

With the heart rate variability measurement, the fluctuations of the pulse are measured using 2 small electrodes over the course of three days, and the readings display the pulse at rest and/or in relation to the patient's breathing/movement. The evaluation shows to what extent the vegetative nervous system is loaded through stress and whether it can adapt sufficiently to the external conditions/circumstances (e.g. relaxation, sleep).

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.

Making an appointment

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