

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 advise you with individual and professional health prevention measures. The Medical Check Plus is based on scientific tests supported by factual evidence and advice, which will help you for long-term success.

For whom is the Medical Check Plus suitable?

For people who want to find out more about their state of health and who are interested in optimizing their health. The Medical Check Plus is our «gold standard check-up», tried and tested for many years.

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, 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, ambulatory blood sugar levels, iron levels, urea, uric acid, bilirubin levels, pancreatic values, thyroid value, electrolytes, vitamin D, 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, 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, nutrition and energy/recovery

Movement sensor to analyze the level of activity, assessment of basic abilities (flexibility and strength), lactate performance test to determine the heart rate range for the endurance training (if useful), a nutrition analysis and an energy questionnaire.

Consultation and advice from the doctor

All medical examinations are reviewed with the doctor. There will be enough time 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

Individual training program focusing on strength and flexibility provided by medbase physio.coach, 6-month dynamic online training plan with running.coach (if useful).

Check-up report

Detailed report from the doctor with all the measurements and recommendations.

Duration

Approx. 2 to 2,5 hours in the morning and approx. 1 to 1,5 hours 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 (Tetanus re-fresh 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.

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 1600