

# Medical Check Premium

The Medical Check Premium consists of evidence-based and comprehensive medical tests as well as diagnostics performed according to scientific criteria in the areas of fitness, mobility/flexibility and strength, nutrition, stress management and sleep quality. It focuses on detailed and individual consultations from our health care professionals.

## For whom is the Medical Check Premium suitable?

For people who want a complete overview of their state of health with detailed, individual and motivating advice. In situations of increased stress levels at work and/or everyday life, or with sleeping problems, the heart rate variability measurements provide valuable information on what steps are needed to prevent stress.

### 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 72h measurement of the heart rate variability. 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), 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 B12, screening for inflammation parameters, PSA (**SDM**) for men 45+, colon cancer prevention for men and women 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, nutrition, energy/recovery

Movement sensor to analyze the level of activity, assessment of basic abilities (flexibility, strength and balance), lactate performance test to determine the heart rate range for the endurance training (if useful), energy questionnaire, heart rate variability measurement (HRV) for 72h, massage voucher and a nutrition analysis.

### **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**

Detailed 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), voucher for a medical massage (30 minutes), 4-week individual nutrition plan via Uplyfe.

### **Check-up report**

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

### **Duration**

Approx. 2.5 hours in the morning and approx. 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. The voucher for a 30 minute medical massage can be redeemed at all Medbase massage centers (information can be consulted via the Medbase website).

### **Information**

With the heart rate variability measurement, the fluctuations of the pulse are measured using two small electrodes over the course of 72h. The evaluation shows to what extent the autonomic 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 (refreshes are included in price). 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 2500**