

Primary Check-Up	
<p>The primary check-up is a basic medical examination that looks at all vital bodily and organ functions. First and foremost, it is important to ensure that we take sufficient time to get to know your health situation. In doing so, we take your current condition as well as your family history and your working and social environments into consideration.</p> <p>On the basis of the results of the examination, you will receive a detailed report on your current health status as well as recommendations for a comprehensive care programme from one of our experienced specialists.</p>	
When is this indicated or recommended?	<p>The primary check-up can be carried out at any time and at any age. We recommend that everyone aged 35 and above undergo this basic examination every two years, with this increasing to once per year from age 50.</p>
Diagnostic methods used	<p>Diagnostics included in the primary check-up:</p> <ul style="list-style-type: none"> • Comprehensive medical history and thorough physical examination • Analysis of bodily composition (bio-electrical impedance analysis) • Measurement of lung function and lung volume (spirometry) • Resting ECG (electrocardiogram) • Labs (blood tests and urine diagnostics) • Ultrasound examination of the heart (colour and tissue doppler echocardiography) • Ultrasound examination of the arteries of the neck (carotid duplex sonography), including measurement of vessel wall thickness (intima-media thickness) • Ultrasound examination of the thyroid gland • Ultrasound examination of the abdominal organs (upper abdominal ultrasound) <p>Optional diagnostics where indicated:</p> <ul style="list-style-type: none"> • Magnetic resonance imaging (MRI), whole body MRI, MRI of the prostate, MRI of the breasts • Computer tomography (CT) or cardiac CT scan
How much time to allow for	<p>You should allow for roughly between two and three hours for the examinations.</p>
Preparing for the appointment	<p>In order to avoid influencing the lab values, it is important that you fast for the eight hours prior to your appointment (no solid food, still water allowed).</p> <p>We request that diabetic patients not take their anti-diabetic medication on the morning of the check-up. You can take all other medications as normal with still water.</p> <p>Where possible, you should bring your vaccination card with you.</p> <p>Otherwise, no special preparation is necessary. Should you have any results or reports from previous examinations, please bring these along with you. Ideally, these should be in German or English or have been translated.</p>
Procedure	<p>Welcome:</p> <p>We will welcome you in our preventive medicine area. Once you have signed in, your doctor will greet you and you will receive information about how the appointment will</p>

proceed from there.

1. Preliminary examinations:

- Bio-electrical impedance analysis: measurements and calculations of the body mass index, waist and hip circumference as well as bodily composition (fat, water, muscles)
- Measurement of lung function and lung volume (spirometry)
- Resting ECG
- Blood taken for blood tests (lab): in the blood analysis, values such as blood count, organ function, metabolic and mineral values are determined.

2. Doctor consultation:

In an extensive personal consultation, you will be asked about any current symptoms, previous illnesses, your family history and your lifestyle.

3. Physical examination

A thorough physical examination is then performed.

4. Ultrasound diagnostics:

- Ultrasound examination of the carotid arteries (arteries that supply the brain) in order to detect potential calcifications or narrowing at an early stage.
- Ultrasound examination of the thyroid gland, which not only determines its structure and size, but also potential lumps or cysts.
- Ultrasound examination of the heart to assess its size and performance. The examination also provides information about valve function and pressure values in the cavities of the heart.
- Ultrasound examination of the abdominal organs, which assesses the liver, gall bladder, spleen, abdominal arteries, lymph node areas and parts of the pancreas and aims to detect potential changes.

5. Optional diagnostics where indicated:

Should the primary check-up indicate that it is necessary to carry out further imaging examinations (MRI, CT scan), in many cases, it may be possible for these to be carried out on the same day. Such services are not included in the package price.

6. Final consultation:

Once the examinations have been concluded, your doctor will provide you with thorough information about their results.

7. Results folder and doctor's note:

You will receive your personal results folder with all results and findings as well as extensive explanations and recommendations in the post between two and four days later.

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