

hirslanden 

**CheckupZentrum
HIRSLANDEN**



**The Hirslanden medical checkup:
Invest one day in your future**



CONTENTS

3	Welcome to the CheckupZentrum Hirslanden
4	Medical excellence at CheckupZentrum Hirslanden
5	The Hirslanden Checkup – a worthwhile investment in your own health
6	Hirslanden checkups at a glance
8	What Hirslanden checkups provide
10	Supplementary investigations
11	Who pays for medical checkups?
Enclosure	How to find us

WELCOME TO THE CHECKUPZENTRUM HIRSLANDEN

Good health is the basic requirement for a high quality of life. Regular checkups can identify health problems early to enable successful treatment and prevent more serious diseases.

We will show you how best to stay healthy and even improve your wellbeing. We shall do our utmost to achieve this goal. If any further investigations or treatment are required, we will make the best possible arrangements for you. The entire Hirslanden network, with over 1,300 highly-qualified specialists and 100 dedicated centres serving a total of 12 clinics, is at your disposal.

A medical checkup is a worthwhile investment in your own health. And ideally you should start having check-ups at the age of 35. We look forward to seeing you.

Your Checkup Team Hirslanden

MEDICAL EXCELLENCE AT THE CHECKUPZENTRUM HIRSLANDEN

- You would like a medical checkup by selected, top-notch specialists who will be pleased to take the time to meet your personal requirements.
- You want specific advice and recommendations about maintaining and improving your health and one-to-one instruction on putting the jointly-agreed plan of action into effect in the long-term.
- You travel a great deal, have little time to spare. Nevertheless, you are keen to find out more about your state of health, to learn how best to maintain it, and what you can do to improve it.

In that case, CheckupZentrum Hirslanden is what you need. We would be delighted to make an appointment for you.



THE HIRSLANDEN CHECKUP – A WORTHWHILE INVESTMENT IN YOUR OWN HEALTH

We offer a range of checkups that are tailored to meet your personal requirements. If necessary, they can be backed up by supplementary investigations.

With our thorough medical examination and **individual consultation** we can help you prevent health disorders and identify risk factors in good time.

You will be attended by checkup specialists with **many years of experience** and in-depth expert knowledge in the fields of diagnosis, prevention, and early recognition.

At the checkup you will **benefit from state-of-the-art examination methods** and our highly-modern infrastructure.

For any supplementary investigations and treatment that may be necessary you will have direct access to the entire **Hirslanden network** with 1,300 highly-qualified medical specialists serving 100 dedicated health centres.

You will be presented with your own personal, easily understood **health dossier**, detailing all your findings. This provides an ideal basis for possible further checkups at a later date and for monitoring progress.

HIRSLANDEN CHECKUPS AT A GLANCE

Executive checkup

Business checkup

Basic checkup (until the age of 40 -
only in german)

Corporate checkup

Supplementary investigations

The Basic checkup (only in german)

This checkup is aimed at people under 40 and focuses on investigations relevant to that age group.

The Business checkup

The Business checkup is suitable for people until the age of 65.

It includes all components of the Basic checkup (for details, see pages 8/9) plus the investigations appropriate to preventive healthcare after that age.

The Executive checkup

This checkup is for clients who value the highest standard of service and a checkup that can be fitted into **a single day**. For the greatest possible certainty we perform a comprehensive medical checkup, including ultrasound or MRI (CT only on medical indication). Our checkup specialists then allow plenty of time for private consultations to explain the findings to you, give you medical advice, and answer you any questions you may have. Should any further investigations be required we will organise them and carry them out, including transfers, as quickly as possible.

For our Executive checkup clients we will be pleased to arrange the services of interpreters, hotel accommodation or a limousine.



The Corporate checkup

For corporate clients we offer the Hirslanden Prevention Programme with individualised checkups and supplementary features such as lectures, seminars, health campaigns, an ergonomic advisory service, and training groups.

Over and above our standard products we will be happy to discuss with you the checkup that best suits you and your company's requirements.

The checkup itself

All the investigations are carried out at your first checkup appointment. They take between two and three hours. Discussion of the findings and individual counselling about maintaining and improving your state of health are reserved for a second appointment a few days later, and takes about one to three hours.

Should the client wish, additional consultations can be booked for personal coaching on how to implement the recommended measures.

Should supplementary investigations be required, we offer direct access to the comprehensive Hirslanden network of 1,300 specialists and 100 dedicated health centres.

WHAT HIRSLANDEN CHECKUPS PROVIDE



	BASIC-CHECKUP (until the age of 40)	BUSINESS-CHECKUP (until the age of 65)	EXECUTIVE-CHECKUP (until the age of 65)	CORPORATE-CHECKUP
Examinations and tests				
Detailed consultation with the checkup specialists regarding your state of health	●	●	●	
In-depth consultation and medical examination	●	●	●	
Vaccination check	●	●	●	
Wide-ranging laboratory tests (blood and urine)	●	●	●	
Examination of cardiovascular function and assessment of risk factors:				
Resting and exercise ECG	●	●	●	
Cholesterol				
Blood pressure				
Optimal exercise pulse range (Conconi testing)				
Assessment of physical condition, e.g.:				
Weight (body mass index)	●	●	●	
Proportion of body fat and muscle mass				
Strength and mobility				
Lung function tests	●	●	●	
Diabetes screening	●	●	●	
Screening for skin alterations	●	●	●	
Refreshments	●	●	●	
Functional examination of the spine		●	●	
Sight and hearing tests		●	●	
Prostate-Screening		●	●	
Screening-test for fecal occult blood		●	●	
MRI or ultrasound (CT only on medical indication)			●	
Complete checkup incl. supplementary investigations in a single day			●	
Organisation and coordination of all supplementary investigations and transfers			●	
Services of an interpreter (on request – interpreter fee not included)			●	
Additional time for personal advice and care			●	
Health counselling				
Personal advice on nutrition, exercise and training as well as active stress reduction	●	●	●	
Joint preparation of your own individual health programme	●	●	●	
Detailed discussion and explanation of all the examination findings	●	●	●	
Presentation of your personal health dossier	●	●	●	
Additional time for personal advice and care			●	

This checkup will be put together in joint discussions with the company concerned.

SUPPLEMENTARY INVESTIGATIONS

Supplementary investigations are required if a health disorder is suspected or actual complaints need to be diagnosed quickly and reliably.

Some examples:

- computer tomogram of lungs and stomach
- ultrasound breast screening, mammography for women
- investigation of snoring and sleep disorders
- dermatological investigation of skin changes
- cardiac ultrasound
- prostate ultrasound
- extensive lung function tests and bronchoscopy
- bone density measurement
- headache diagnosis and treatment
- measurement of eye pressure
- colonoscopy and gastroscopy

Through our **Hirslanden Network** we can organise additional investigations at short notice and carry them out quickly. Clients of the CheckupZentrum are given priority access within the Hirslanden Network.

Where courses of treatment or even an operation are called for, these can be performed without unnecessary delays.



WHO PAYS FOR MEDICAL CHECKUPS?

In Switzerland, some checkup examinations are covered by additional insurance policies provided by health insurance schemes. Many companies pay a contribution towards the costs of medical checkups for their employees. Ask your health insurance scheme and your employer for more information.

Hirslanden Private Hospital Group,
the leading provider of
top-class medicine in Switzerland

Hirslanden
Klinik Aarau



Klinik
Beau-Site
Bern



Klinik
Permanence
Bern



Salem-Spital
Bern



AndreasKlinik
Cham/Zug



Klinik
Am Rosenberg
Heiden



Clinique
Bois-Cerf
Lausanne



Clinique
Cecil
Lausanne



Klinik
Birshof
Münchenstein /
Basel



Klinik
Belair
Schaffhausen



Klinik
Hirslanden
Zürich



Klinik
Im Park
Zürich



CheckupZentrum Hirslanden

A Hirslanden centre

Hirslanden

Forchstrasse 420

8702 Zollikon

T +41 **(0)43 499 20 30**

F +41 **(0)43 499 20 31**

checkup@hirslanden.ch

www.hirslanden.com