

Extended medical check-up for women

List of medical examinations:	20 +	30 +	40 +	50 +
Medical history & physical exam	✓	✓	✓	✓
Blood pressure, pulse, weight, height and waist width check	✓	✓	✓	✓
Laboratory testing:	21 parameters	21 parameters	21 parameters	21 parameters
• Blood count + differential	✓	✓	✓	✓
• Chemical analysis of urine + sediment	✓	✓	✓	✓
• Bilirubin	✓	✓	✓	✓
• Creatinine	✓	✓	✓	✓
• Apolipoprotein B	✓	✓	✓	✓
• Lipoprotein (a)	✓	✓	✓	✓
• Uric acid	✓	✓	✓	✓
• Cholesterol	✓	✓	✓	✓
• HDL cholesterol	✓	✓	✓	✓
• LDL cholesterol	✓	✓	✓	✓
• Triglycerides	✓	✓	✓	✓
• Glycemia	✓	✓	✓	✓
• Glycated hemoglobin			✓	✓
• Magnesium	✓	✓	✓	✓
• AST: A measurement of the enzyme aspartate aminotransferase in the blood (indication of liver damage)	✓	✓	✓	✓
• ALT: Evaluation of the enzyme alanine aminotransferase in the blood	✓	✓	✓	✓
• MT: Measurement of gamma glutamyltransferase in the blood (indication of liver damage)	✓	✓	✓	✓
• Ferritin	✓	✓	✓	✓
• TSH (thyroid hormone)	✓	✓	✓	✓
• Vitamin D	✓	✓	✓	✓
• Folic acid	✓	✓		
• Sodium, potassium, chlorine (3 separate parameters)	✓	✓	✓	✓
Abdominal ultrasound	✓	✓	✓	✓
Gynecological examination	✓	✓	✓	✓
Transvaginal ultrasound of pelvic organs	✓	✓	✓	✓
Breast/thyroid gland ultrasound	✓	✓	✓	✓
EKG	✓	✓	✓	✓
Breast/thyroid gland ultrasound	in case of family history	in case of family history	✓	✓
Final evaluation by a doctor - preparation of a medical report, proposal of the necessary regime measures, as well as possible dietary measures and diagnostic treatment procedures	✓	✓	✓	✓

Extended medical check-up for men

List of medical examinations:	20 +	30 +	40 +	50 +
Medical history & physical exam performed by the practitioner	✓	✓	✓	✓
Medical history & physical exam performed by the practitioner	✓	✓	✓	✓
Laboratory testing :	20 parameters	20 parameters	21 parameters	21 parameters
• Blood count + differential	✓	✓	✓	✓
• Chemical analysis of urine + sediment	✓	✓	✓	✓
• Bilirubin	✓	✓	✓	✓
• Creatinine	✓	✓	✓	✓
• Apolipoprotein B	✓	✓	✓	✓
• Apolipoprotein B	✓	✓	✓	✓
• Uric acid	✓	✓	✓	✓
• Cholesterol	✓	✓	✓	✓
• HDL cholesterol	✓	✓	✓	✓
• LDL cholesterol	✓	✓	✓	✓
• Triglycerides	✓	✓	✓	✓
• Glycemia	✓	✓	✓	✓
• Glycemia			✓	✓
• TSH (thyroid hormone)	✓	✓	✓	✓
• AST: A measurement of the enzyme aspartate aminotransferase in the blood (indication of liver damage)	✓	✓	✓	✓
• GMT: Measurement of gamma glutamyltransferase in the blood (indication of liver damage)	✓	✓	✓	✓
• ALT: Evaluation of the enzyme alanine aminotransferase in the blood	✓	✓	✓	✓
• Magnesium	✓	✓		
• PSA (upgrade to high sensitive PSA for an additional fee possible)			✓	✓
• Ferritin	✓	✓	✓	✓
• Sodium, potassium, chlorine (3 separate parameters)	✓	✓	✓	
• Vitamin D	✓	✓	✓	✓
Abdominal ultrasound	✓	✓	✓	✓
ABI test (vascular stiffness = an indicator of the risk of atherosclerosis)	✓	✓	✓	✓
Fecal occult blood test (FOBT)	in case of family history	in case of family history	✓	✓
Urological examination	✓	✓	✓	✓
EKG	✓	✓	✓	✓
Final evaluation by a doctor - preparation of a medical report, proposal of the necessary regime measures, as well as possible dietary measures and diagnostic treatment procedures	✓	✓	✓	✓