

CHECKUPZENTRUM HIRSLANDEN

# WE FOCUS ON YOUR HEALTH AND WELL-BEING



## **WELCOME TO THE CHECKUPZENTRUM HIRSLANDEN**

Though we may sometimes forget, good health is one of the key prerequisites for a high quality of life, consistent professional performance and a fulfilling personal life. Your health and well-being should be high on your personal list of priorities.

Regular, in-depth medical check-ups provide a basis for personal assessment, even if you feel fit and healthy. The aim of the Checkup Team Hirslanden is to show you how to stay healthy and sustain your quality of life. With an individual check-up tailored to your specific situation and the appropriate measures, we will help you improve your health over the long term. In addition, we give you the opportunity to improve your long term well-being and quality of life through preventative measures. Should further specialist medical examinations or treatment be necessary on the basis of the check-up results, we will make the best possible arrange-

ments for you. You will have the entire network of the Hirslanden private hospital group with its highly qualified doctors, specialist institutes and centres in our clinics at your disposal.

Ideally, you should have medical check-ups into old age.

We look forward to your visit.

Your Checkup Team Hirslanden



## **COMPREHENSIVE AND TOP-CLASS MEDICAL SERVICES**

The earlier a health problem is detected, the greater the likelihood of a successful treatment of shorter duration. The Hirslanden check-up is designed to identify potential health risks at an early stage and avoid them pre-emptively.

We offer you the following services in our CheckupZentrum Hirslanden:

- Your medical check-up will be carried out by qualified specialists with many years of experience and in-depth expert knowledge in the fields of diagnosis, prevention and early recognition. The check-up programme is designed to address individual needs and allow you to discuss personal concerns.
- During your check-up, you will benefit from current examination methods and modern medical and diagnostic infrastructure.
- The check-up is carried out separately from the clinic in a comfortable and relaxed atmosphere.
- A personal action plan will be created in consultation with you based on the results. It takes your day-to-day situation into account and can be integrated into your daily routine, ensuring that your health can be supported over the long term.
- You will receive a medical dossier from us containing all results from the medical examinations and specific advice/recommendations on how to maintain and promote your health, with individual tips on how to achieve a work/life balance: exercise, nutrition, relaxation, etc.
- A further assessment in two or three years' time will allow you to check your lifestyle changes.



## OUR CHECK-UP PROGRAMME

We offer individual programmes graded according to age and adjusted to your personal needs and requirements. All examinations are carried out at your first check-up appointment. This takes two to three hours. A discussion of the results and individual counselling on maintaining and improving your health are reserved for the second appointment. The exception is the Executive Check-up. This is designed to fit everything into a single day.

**The Basic Check-up:** This programme is aimed at younger clients up to the age of 40 who have no serious medical histories and want a general assessment of their state of health. All examinations appropriate to this age group are performed. This check-up is only available in German.

**The Business Check-up:** This check-up is intended for clients between 40 and 65 years of age. This programme contains all the elements of the Basic Check-up as well as those relevant to this age group, such as a prostate screening for men (see detailed services on page 8/9).

**The Executive Check-up:** This check-up is designed for clients who value the highest standard of service with the entire examination in a single day. A comprehensive medical check-up is performed as a health assessment in conjunction with the Business Check-up. Specific examinations such as an MRI or an ultrasound can also be performed. Our check-up specialists allow plenty of time for detailed discussions, advice and questions. Should any further examinations be required, they are organised and carried out, including transfers, as quickly as possible.

**The Golden Age Check-up:** This programme is designed for clients over the age of 65, with the goal of maintaining the best possible health and standard of living. The programme includes all the elements of the Business Check-up, as well as additional age-specific examinations such as more extensive lab testing (e.g. for osteoporosis). In addition, comprehensive information is provided on sporting activities, nutrition, preventative measures, etc., to enable an independent life for as long as possible.



**The Corporate Check-up:**

For corporate clients, we offer the Hirslanden prevention programme with customised check-ups and supplementary features, such as lectures, seminars and health campaigns. For more information, please contact us on +41 43 499 20 30 or book a one-on-one consultation.

**Programme extras**

We will be pleased to arrange the services of an interpreter, hotel accommodation or a car on request.

Additional consultations can be booked for personal coaching on how to implement the recommended measures.

Should further examinations be required, we have access to the entire Hirslanden Private Hospital Group network.



# DETAILED SERVICES AT A GLANCE

<b>FIRST-CLASS SERVICES</b>	<b>Basic Check-up</b> (40 and under)	<b>Business Check-up</b> (65 and under)	<b>Executive Check-up</b>	<b>Golden Age Check-up</b> (65 and over)
<b>Examinations and tests</b>				
A comprehensive consultation with the check-up specialists to discuss one's personal state of health	•	•	•	•
Comprehensive medical examination, including skin screening	•	•	•	•
Vaccinations	•	•	•	•
Comprehensive age-specific lab diagnostics (blood, including blood lipids, urine, diabetes)	•	•	•	•
Examination of cardiovascular function: Resting, stress and recovery ECGs including blood pressure readings Optimal exercise pulse range (Conconi)	•	•	•	•
Lung function test	•	•	•	•
Physical fitness assessment. For example: weight (body mass index), body fat percentage and muscle mass Abdominal girth	•	•	•	•
Strength and mobility measurements of the spinal column		•	•	•
Snacks	•	•	•	•



## FIRST-CLASS SERVICES

<b>Examinations and tests</b>	<b>Basic Check-up (40 and under)</b>	<b>Business Check-up (65 and under)</b>	<b>Executive Check-up</b>	<b>Golden Age Check-up (65 and over)</b>
Sight tests		•	•	•
Eye pressure test		•	•	•
Hearing test			•	•
Prostate screening (PSA) (for men)		•	•	•
Screening for bleeding in the gastrointestinal tract		•	•	•
MRI or ultrasound (CT only in cases of medical indications)			•	
Full check-up including additional examinations in a single day			•	
Lunch at Restaurant QUADRO			•	

## Health counselling

Discussion of all the examination results	•	•	•	•
Meeting to work out a personal action plan with practical examples	•	•	•	•
One-on-one advice on topics including nutrition, exercise and proactive stress relief	•	•	•	•
Personal health dossier	•	•	•	•
Additional time for one-on-one advice and support			•	•

## **ADDITIONAL EXAMINATIONS AND INSURANCE BENEFITS**

### **Further examinations**

Further specialist medical examinations are required if a health disorder is suspected or specific complaints need to be clarified quickly and reliably.

#### **For example:**

- Magnetic resonance imaging of the stomach and head
- High resolution lung CT
- Ultrasound breast screening/ mammography for women
- Investigation of snoring and sleep disorders
- Dermatological investigation of skin lesions
- Cardiac ultrasound
- Coronary artery examinations
- Extensive lung function test and bronchoscopy
- Bone density measurement
- Investigation and treatment of headaches
- Colonoscopy and/or gastroscopy

We can organise additional investigations at short notice and carry them out quickly through the Hirslanden network. Clients of the Checkup-Zentrum Hirslanden are given priority access within the Hirslanden network.

### **The medical check-up and costs**

In Switzerland, the cost of check-ups is covered partially by the supplementary insurance provided by health insurers. Many companies pay a contribution towards the costs of medical check-ups for their employees. Ask your health insurance scheme and your employer for more information.

The costs of all secondary medically necessary examinations are covered by health insurance.



## HOW TO FIND US

### Information and registration

Our office is at your disposal for further questions and is happy to arrange an appointment for you.

### CHECKUPZENTRUM HIRSLANDEN

FORCHSTRASSE 420

CH-8702 ZOLLIKON

T +41 43 499 20 30

F +41 43 499 20 31

CHECKUP@HIRSLANDEN.CH

WWW.HIRSLANDEN.CH/CHECKUP

### Directions

S-Bahn train from Zurich main station (every five minutes on platform 43 or 44).

#### From Stadelhofen Station:

Take Forchbahn S18 or Tram 11 and exit at Rehalp.

From Rehalp five minutes by foot towards Forch.

### Visitor parking

You will find visitor parking spaces in front of and behind the building in Forchstrasse.

HIRSLANDEN KLINIK AARAU  
HIRSLANDEN KLINIK BEAU-SITE, BERN  
HIRSLANDEN KLINIK PERMANENCE, BERN  
HIRSLANDEN SALEM-SPITAL, BERN  
HIRSLANDEN PRAXISZENTRUM AM BAHNHOF, BERN  
HIRSLANDEN ANDREASKLINIK CHAM ZUG  
HIRSLANDEN CLINIQUE LA COLLINE, GENÈVE  
HIRSLANDEN KLINIK AM ROSENBERG, HEIDEN  
HIRSLANDEN CLINIQUE BOIS-CERF, LAUSANNE  
HIRSLANDEN CLINIQUE CECIL, LAUSANNE  
HIRSLANDEN KLINIK ST. ANNA, LUZERN  
HIRSLANDEN ST. ANNA IM BAHNHOF, LUZERN  
HIRSLANDEN KLINIK MEGGEN  
HIRSLANDEN KLINIK BIRSHOF, MÜNCHENSTEIN BASEL  
HIRSLANDEN KLINIK BELAIR, SCHAFFHAUSEN  
HIRSLANDEN KLINIK STEPHANSHORN, ST. GALLEN  
HIRSLANDEN KLINIK HIRSLANDEN, ZÜRICH  
HIRSLANDEN KLINIK IM PARK, ZÜRICH



## EXPERTISE YOU CAN TRUST.

ADVICE AND INFORMATION  
HIRSLANDEN HEALTHLINE 0848 333 999

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