



Dr. med.
Henry Perschak

HOW TO FIND US

Public transport

Klinik Hirslanden is very easily reached by public transport:

- From the central station and Stadelhofen station, take tram No. 11 to the Balgrist stop.
- From Stadelhofen station, take the «Forchbahn» (line S18) to the Balgrist stop.

Parking for visitors

Parking spaces for visitors are available on the clinic's premises on Enzenbühlstrasse and in the underground parking garage; a charge is payable. Please note that parking spaces are in very short supply in the immediate vicinity of the clinic (blue parking zone).



MEDCHECK HIRSLANDEN

You'd like to have a medical check-up, and it's important for you to have it in the right surroundings? In that case you can be sure that the specialists at Klinik Hirslanden will provide the best possible service, thanks to our excellent medical infrastructure and our wide range of treatments.

MedCheck Hirslanden offers the opportunity of a high-quality, comprehensive medical check-up that is individually tailored to each patient's requirements – and everything is completed in a very short time. Our standard range of check-ups comprises three different models, and we can also adapt each model by adding various supplementary investigations according to our patients' personal wishes.

The **Comprehensive MedCheck** takes one day. The main components are a detailed consideration of your medical history, a comprehensive physical examination with important supplementary investigations and an assessment of all the findings as a basis for recommendations that will enable you to maintain your health.

The **2 Day MedCheck** offers you a wide range of screening tests and preventive investigations, and also includes an in-patient stay at our clinic.

The **Extended Individual MedCheck** is intended for patients who already have a serious illness. On request, we shall compile a program that includes the necessary investigations for you.

Please feel free to contact us if you have any questions, or if anything is not clear.

Yours sincerely,

Dr. med. Henry Perschak
Specialist FMH in Internal Medicine
Chief of Department of General Internal Medicine Klinik Hirslanden

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 St. Anna Luzern

Klinik Birshof
Münchenstein Basel

Klinik Belair
Schaffhausen

Klinik Hirslanden Zürich

Klinik Im Park Zürich

WHEN IT MATTERS MOST HIRSLANDEN PRIVATE HOSPITAL GROUP

Information and advice –
Hirslanden Healthline T +41 848 333 999



MEDCHECK HIRSLANDEN KLINIK HIRSLANDEN



Hirslanden Emergency Center, Zurich

Klinik Hirslanden
Ready to help you 24 hours a day,
365 days a year
T +41 44 387 35 35

MedCheck Hirslanden

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F +41 44 387 20 69
medicine.hirslanden@hirslanden.ch

www.hirslanden.ch



COMPREHENSIVE MEDCHECK

During this professional check-up which only takes one day, our specialist in general internal medicine will question you in depth and give you a full-scale examination. Important supplementary investigations will also be carried out. At a consultation following a thorough analysis of all the test results, you will be briefed on your current state of health in detail. Based on these results, we shall show you how you can take efficient preventive action that will benefit your health in the long term.

The following services are included:

Medical history

- Current health problems
- Patient history
- Family history
- Review of systems
- Social history
- Allergies
- Habits

Medical examination

- General state of health
- Head, neck and throat
- Skin, lymph nodes, thyroid glands
- Heart, circulation, blood pressure
- Lungs, respiration
- Abdomen (digestive organs)
- Men: prostate
- Nervous system
- Skeleton, joints, muscles

Function tests

- Resting ECG
- Exercise ECG
- Spirometry

Further investigations

- Detailed blood analysis

Concluding consultation

- Discussion of all the investigative results
- Recommendations for further procedure
- Presentation of complete documentation

2 DAY MEDCHECK

As its name suggests, the 2 Day MedCheck lasts two whole days. In addition to the services included in the Comprehensive MedCheck, you will also be examined thoroughly by several specialists from various departments of Klinik Hirslanden. To conclude the check-up, you will be briefed in detail on your current state of health; based on the results, we shall show you how you can take efficient preventive action that will benefit your health in the long term. If further investigations or clarifications are needed, we shall be glad to help you to organize them.

The following services are included:

Medical history

- Current health problems
- Patient history
- Family history
- Review of systems
- Social history
- Allergies
- Habits

Medical examination

- General state of health
- Head, neck and throat
- Skin, lymph nodes, thyroid glands
- Heart, circulation, blood pressure
- Lungs, respiration
- Abdomen (digestive organs)
- Men: prostate

- Nervous system
- Skeleton, joints, muscles

Function tests

- Resting ECG
- Exercise ECG
- Complete lung function testing

Further investigations

- Detailed blood analysis
- MRI
 - Whole body without contrast media
 - Skull without contrast media, including angiography
- Gastroscopy and colonoscopy, including preparation

Concluding consultation

- Discussion of all the investigative results
- Recommendations for further procedure
- Personal advice on:
 - Nutrition
 - Exercise
- Presentation of complete documentation

For detailed information and additional investigations, please visit:
www.hirslanden.ch/en/medcheck

FIRST-CLASS SERVICES

A. Medical history

Detailed discussion with the specialist from the Department of General Internal Medicine regarding your personal state of health

Current health problems

Patient history

Family history

Review of systems

Social history

Allergies

Habits

B. Current medication

Medicines taken regularly

Reserve medications

C. Detailed medical examination

Assessment of physical condition

General state of health

Head, neck and throat

Skin, lymph nodes, thyroid glands

Heart, circulation, blood pressure

Lungs, respiration

Abdomen (digestive organs)

Men: prostate

Nervous system

Skeleton, joints, muscles

COMPREHENSIVE MEDCHECK

2 DAY MEDCHECK

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D. Function tests

Resting ECG

Exercise ECG

Spirometry

Complete lung function testing

E. Further investigations

Detailed blood analysis

MRI of whole body without contrast media

MRI of skull without contrast media, including angiography

Gastroscopy, including preparation

Colonoscopy, including preparation

F. Concluding consultation

Discussion of all the investigative results

Recommendations for further procedure

Personal advice on:

nutrition, exercise

Presentation of complete documentation

G. Services

Full board at Klinik Hirslanden

VIP package

COMPREHENSIVE MEDCHECK

2 DAY MEDCHECK

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