

## Services

### 2 Day MedCheck

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#### A. Medical History

Extensive consultation with a specialist from the General Internal Medicine department to discuss your personal state of health:

- Current health problems
- Personal medical history
- Family medical history
- System history
- Social history
- Allergies
- Habits

#### B. Current Medication

- Regular medication
- Reserve medication

#### C. Extensive Medical Examination

Assessment of your physical condition

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

#### D. Functional tests

- Resting ECG
- Exercising ECG
- Complete lung function tests

#### E. Further examinations

- Detailed blood analysis
  - Overall blood analysis, iron levels
  - Electrolytes, kidney function
  - Liver values, hepatitis serology
  - HIV test
  - Blood sugar, blood fats
  - Thyroid levels,
  - PSA (Prostate cancer)
- MRI
  - Whole body without contrast medium
  - Skull without contrast medium, incl. angiogram
- Gastro- and colonoscopy incl. preparation

#### F. Final consultation

- Discussion of all examination results
- Recommendations for further action
- Personal advice on:
  - Diet
  - Exercise
- Provision of complete documentation in German or English

The following additional examinations can also be scheduled if required.  
(at additional cost)

### **General Internal Medicine**

Sonography (ultrasound) of whole abdomen (all abdominal organs)

### **Dermatology**

Consultation to exclude harmful skin changes

### **Cardiology**

Echocardiography

### **Gynaecology**

Breast check

(Medical history & breast examination using digital mammogram and ultrasound)

Gynaecological check

(Medical history, gynaecological examination incl. PAP smear, gynaecological ultrasound and breast ultrasound excluding mammogram)

Combined breast check and gynaecological check

### **Urology**

Prostate check

### **Radiology**

MRI whole body angiogram

MRI spine

### **Orthopaedics**

Orthopaedic examination

### **Additional services**

Interpreter

Limousine service

Doctor's report translated into Russian (within 7 working days)

## Your Stay

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On the morning of your arrival, you will be met in the entrance foyer of the Klinik Hirslanden and taken to the General Internal Medicine Department.

We begin by taking a blood sample, followed by an extensive consultation with Dr. Perschak, the Chief of the Department of General Internal Medicine. He will take your medical history and discuss various questions concerning your current state of health with you. This is then followed by an extensive medical examination to determine your physical condition and a resting and exercising ECG.

Next, an MRI scan (skull or whole body MRI) is carried out in the Radiology department.

At midday, we invite you to enjoy lunch in the restaurant at the Klinik Hirslanden. We offer a choice from our weekly menu or à la carte dishes. Bon appétit!

Lunch is followed by another MRI scan and an extensive lung function test. We will escort you to and collect you from the various appointments.

If you have booked any additional examinations, these will take place on the first or second day, depending on availability. Please feel free to use the time between your examinations to relax in your room.

You will spend the evening and night in a single room here at the Klinik. You will be prepared for stomach and intestine imaging which will be carried out on the morning of your second day.

At midday on your second day, we will treat you to a menu specially chosen for you, served with drinks and coffee.

After lunch, your final consultation with Dr. Perschak follows in the afternoon. He has been in continuous contact with the specialists over the two days, to analyse the examinations for you, producing a summary and planning any further action and preventive measures that may be required. All examination results will be discussed in detail, the relevant diagnoses will be made and treatments and changes to your lifestyle will be recommended. If any further examinations are required, we will be happy to help you organise further appointments.

Finally, we will give you documentation covering all the examination results, including a doctor's report in German or English.

The schedule may vary depending on appointment availability.