



Healthy Aging Check BASIC

For whom? The Healthy Aging Check BASIC by ST Med is the first step to medically evaluate your current health status, identify risk factors at an early stage and set the course for a healthier life. This check-up is suitable for persons of all ages.

What is the point of this check? You will learn which (simple) lifestyle changes are significant for you personally in order to optimize your health immediately.

Procedure program BASIC:

- **Appear sober** at the morning appointment (NO breakfast! Also no juice or coffee. Only water is allowed for drinking.)
- Clinical **full-body examination**
- **Resting electrocardiogram**
- **InBody measurement** (bioelectrical impedance analysis to determine percentage body fat, unhealthy visceral fat, muscle mass, intra- and extracellular water, etc.).
- Small **lung function**
- Comprehensive **blood test** (haematogram, liver, kidney, blood lipids and blood glucose, long-term blood sugar, iron, urea, uric acid, bilirubin, pancreatic, thyroid, electrolytes, vitamin D, CRP, PSA for men over 45 year)
- In between, we offer you a **vital breakfast** in the tibits restaurant – just below the ST Med practice at Sternen Oerlikon.
- **Medical Healthy Aging consultation:** Report and review of the examination results with Dr. Tatjana Somborski. According to your personal analysis, Dr. Somborski will explain you individually suitable healthy aging precautionary measures – such as weight regulation, dietary change, supplementation of micronutrients, type-appropriate exercise/sport, the setting of personal goals, etc.
- If necessary, Dr. Somborski will recommend further checkups.

Costs BASIC: CHF 890.-*

** Important note for persons living in Switzerland, with a valid Swiss health insurance: Unfortunately, Swiss health insurance companies do not always take on prevention services. Since they are not mandatory services, we recommend that you inquire in advance with your health insurance company, which costs are covered by your insurance, especially from your supplementary insurance services (Zusatzversicherungen).*

Duration of the examination:

About 3 hours in the morning.
Dates on Saturday are possible.

Are you interested in a Healthy Aging Check up?

Please book a normal medical consultation with Dr. med. Tatjana Somborski to find out – without obligation – which of the 3 Healthy Aging programs by ST Med might suit to you.

Tel. +41 44 261 00 97

www.st-med.ch