



## Healthy Aging Check PLUS

**For whom?** On the one hand, ST Med's Healthy Aging Check PLUS enables you to get a comprehensive medical analysis of your current state of health, and on the other hand, to find out how you can easily improve your health in case of metabolic problems such as obesity, diabetes or cholesterol irregularities.

A central role is played by the Chrono Nutrition, ST Med's pioneering and exclusive nutrition program, which is based on the latest scientific findings, including chronobiology, which was awarded the Nobel Medical Prize in 2017.

**What is the point of this check?** This program is suitable for people who want to lose weight, stay slim and / or improve their metabolism. The advantage of Chrono Nutrition by Dr. Tatjana Somborski is: It is not about counting calories nor the banning of certain foods. It's about eating the right thing at the right time, in harmony with your inner organic clock and your metabolism.

### Procedure program PLUS:

- **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)
- Check for any **food intolerances** (with bioresonance measurement)
- **Personal Chrono Nutrition program** (with meat, fish, vegetarian or vegan), including 3 months accompaniment (every 2 weeks) as well as 6 further InBody measurements to check success.
- In between, we offer you a **vital breakfast** in the tibits restaurant – just below the ST Med practice at Sternen Oerlikon Zurich.

Costs Program PLUS: CHF 1880.-\*

*\* 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 3,5 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.

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[www.st-med.ch](http://www.st-med.ch)