



WELL-PREPARED THE CHECK-UP FOR ADULTS

PATIENT INFORMATION

WHY PRECAUTION IS SO IMPORTANT

Do you feel fit and want to remain so? Then ask your doctor about the check-up. This will help in the detection of frequently occurring diseases such as cardiovascular diseases or diabetes or their risk factors at an early stage.

FOR EVERYONE, WHO IS 18 AND ABOVE

If you are between the ages of 18 and 35, as a statutory health insurance holder, you are entitled to the onetime health check. From the age of 35 years, you can take the test every three years.

In doing so, your health risks and concerns are recorded and analysed by your doctor. In a subsequent consultation, you will receive tips, which will help you stay healthy.

WHAT THE CHECK-UP CONSISTS OF

Discussion

The check-up starts with a discussion about the medical history. The doctor will ask you about pre-existing illnesses and illnesses of family members and if there are any disorders. Furthermore, the doctor will check your vaccination status.

Check-up

This is followed by:

- A complete physical check-up: The heart, lungs, head, neck, abdomen, spine, musculoskeletal system, nervous system and sensory organs are examined in order to detect deviant or pathological findings.
 - Measurement of the blood pressure: Along with the level of cholesterol, the blood pressure also indicates risks of cardiovascular diseases such as atherosclerosis (arteriosclerosis) or heart attack.
 - Drawing a blood sample: This is then analysed in the laboratory, which provides information about cholesterol and blood glucose levels. On the basis of these levels, the doctor can detect if, for instance, diabetes is suspected.
- For insured persons under the age of 35, blood tests are only carried out with a corresponding risk profile, i.e., in case of obesity, hypertension or pre-existing illnesses in the family.

Also for insured persons above the age of 35:

- Urine examination: This not only indicates kidney and bladder diseases, but diabetes can also be indicated on the test strip of the urine sample.
- **New:** One-time screening for hepatitis B and C: the blood analysis aims to detect and treat previously undetected infections early in order to prevent long-term effects.

Consultation

As a last step, the doctor will inform you about the results of the check-up and create an individual risk profile for you. Furthermore, he/she will give you tips on living a healthy lifestyle. Further check-ups or a corresponding treatment follow in cases where an illness is suspected or diagnosed.

CHECK-UP: ADVANTAGES FOR YOU

- You will quickly and easily get an overview of your health condition.
- Based on the findings from the check-up, your doctor can provide you with better advice.
- You will get tips on how to live a sustainably healthy life.

HOW DO YOU GET THE CHECK-UP

Simply arrange an appointment with the family doctor for the check-up. The sooner, the better!

THE ASSOCIATIONS OF STATUTORY HEALTH INSURANCE PHYSICIANS AND THE NATIONAL ASSOCIATION OF STATUTORY HEALTH INSURANCE PHYSICIANS

In Germany more than 180.000 physicians and psychological psychotherapists are responsible for the medical treatment of outpatients. As their organisations the Associations of Statutory Health Insurance Physicians (KVen) ensure that everything runs smoothly:

- They conclude contracts on outpatient treatment for all accredited physicians and psychotherapists with all statutory health insurance schemes. Thus patients can go and see any physician or psychotherapist, regardless which health insurance scheme they have chosen.
- They guarantee outpatient treatment around the clock.
- They examine the qualifications of the SHI-authorized physicians and psychotherapists, check the medical equipment as well as the quality of the examinations.

The umbrella organisation of the 17 Associations of Statutory Health Insurance Physicians (KVen) in Germany is the National Association of Statutory Health Insurance Physicians (KBV).

Find out more at www.kbv.de

Practice stamp

YOUR PERSONAL PRECAUTION CALENDAR

The following early detection screenings belong to the range of services offered by the statutory health insurance schemes, which is free of cost for you.

AGE	WOMEN	MEN
From the age of 18 and above	Check-up once between the ages of 18 and 35	
From the age of 20 and above	Early detection of genital cancer annually; Early detection of cervical cancer Between the ages of 20 and 34 years: pap smear; from the age of 35 years onward: pap smear combined with test for human papillomaviruses (HPV)	
additionally From the age of 30 and above	Early detection of breast cancer yearly	
From the age of 35 and above	Check-up every three years	
From the age of 35 and above	Early detection of skin cancer every two years	
From the age of 45 and above	Early detection of cancers of the prostate and of the external genitalia yearly	
From the age of 50 and above	Early detection of bowel cancer between the ages of 50 and 54: yearly test for hidden blood in the stool	Early detection of bowel cancer between the ages of 50 and 54: either yearly test for hidden blood in the stool or from the age of 50 and above: two colonoscopies with minimum gap of 10 years
Between the ages of 50 to 69:	Early detection of breast cancer invitation to mammography screening every two years	
From the age of 55 and above	Early detection of bowel cancer either test for hidden blood in the stool every two years or two colonoscopies with minimum gap of 10 years	Early detection of bowel cancer either test for hidden blood in the stool every two years or two colonoscopies with minimum gap of 10 years
From the age of 65 and above	Early detection of abdominal aortic aneurysms once	

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