DÜSSELDORF · CORPORATE HEALTH CHECK

Check-up Basic

A day for your health.

The corporate check-up with abdominal ultrasound, screening laboratory tests and cardiovascular diagnostics.

Welcome to our Medical Center in Düsseldorf.

Duration	Laboratory	Imaging
Approx. 5 hours	Basic	Ultrasound

Prices on request

Key examinations · Your day · Complete scope

01 · AT A GLANCE

Key Benefits

What distinguishes Check-up Basic. Your medical consultation and a clear written report complete the programme.

Abdominal ultrasound

Abdominal ultrasound as part of the Basic package. Using Philips EPIQ.

Screening laboratory tests

Blood count, glucose, blood lipids, organ and metabolic markers.

Heart & vascular ultrasound

Echocardiography, carotid and thyroid ultrasound. Also included: cardisiography with medical interpretation. Using Philips EPIQ.

Cardiopulmonary exercise testing

Exercise assessment with ECG and lung function testing.

Retinal examination with Skleo

Retinal imaging to support the medical assessment of vascular health.

Personal discussion of your findings

Medical interpretation, lifestyle advice and a clear written report.

Allow approximately 5 hours. All services in your agreed EPC package are provided in one day, including your own private lounge.

This service list describes your EPC package. EPC package costs are not reimbursable by statutory or private insurers. Indication-dependent examinations follow medical assessment.

IMPORTANT INFORMATION

Private lounge & billing

Prices on request

Our EPC check-ups provide all services in your agreed check-up package in one day, including your own private lounge.

Billing follows the clinic-status model, with reference to the German medical fee schedule (GOÄ), but as a package price plus 19% VAT.

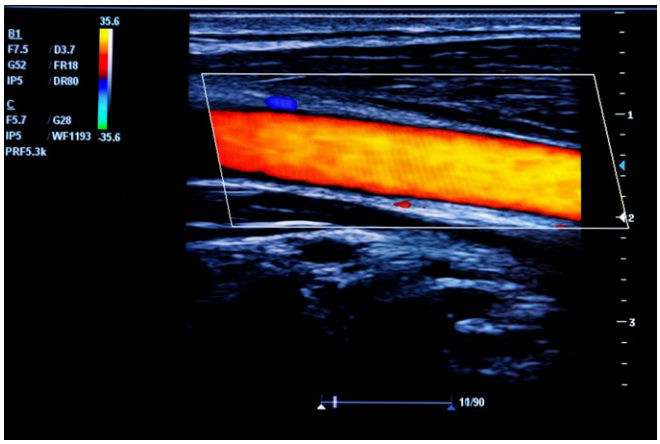
EPC package costs are not reimbursable by statutory or private health insurers.

Corporate clients with a framework agreement receive the terms in the separate framework-agreement overview. Executive additions are charged per booked point. We agree the selection with you in advance.

A CLOSER LOOK

A look at your examinations

Heart ultrasound with Philips EPIQ.



Carotid duplex ultrasound with Philips EPIQ.

Anthropometry · seca mBCA Ultra

We assess body composition with the seca mBCA Ultra using eight-point bioimpedance analysis. Skeletal muscle mass measurement is validated against whole-body MRI; fat mass uses the four-compartment model as its reference. Fat, muscle and water compartments are interpreted alongside your other findings.

Skeletal muscle mass

Validated against whole-body MRI

Fat mass

Reference: four-compartment model

Image sources: EPC's published programme materials.

02 · YOUR VISIT

Your check-up day

A guide through your visit, from the welcome to your personal findings.

01 / Arrive & get acquainted

01	Welcome to your lounge	Our medical team welcomes you to the EPC and accompanies you to your lounge. It is reserved for you throughout your check-up day and has internet access and a private bathroom with a shower. We collect you for each examination and accompany you back. Snacks and drinks are served during the breaks.
02	Your personal medical consultation	A preventive medicine physician visits you in your lounge. Together, you discuss current symptoms, previous illnesses, family history, risk factors and vaccination status. Your everyday life also matters: how you exercise, how you eat and what concerns you.
03	Your physical examination	A specialist in internal medicine and cardiology carries out a thorough physical examination. Your medical history and the physical findings together provide the basis for interpreting the subsequent results.
04	Understanding your risk factors	The PROCAM assessment and ESC risk estimation with SCORE2 or an age-appropriate model help assess cardiovascular risk. For nicotine dependence, the Fagerström test complements the consultation. The results inform your personal advice; additional smoking cessation support can be arranged separately.

02 / Diagnostics & exercise capacity

05 Blood, urine and stool tests

We collect the samples for your package's screening laboratory tests. Blood, organ and metabolic markers are assessed alongside the specified urine and stool tests. The complete service list shows which individual markers are included in your check-up.

06 Body composition with seca mBCA Ultra

We assess body composition with the seca mBCA Ultra using eight-point bioimpedance analysis. Skeletal muscle mass measurement is validated against whole-body MRI; fat mass uses the four-compartment model as its reference. Fat, muscle and water compartments are interpreted alongside your other findings.

07 Pulse wave analysis & ankle–brachial index

Recording the pulse wave provides information about the elasticity of your arteries. The ankle–brachial index is also measured. Alongside your other findings, these measurements help assess vascular health.

08 Carotid arteries & thyroid

High-resolution duplex ultrasound examines the carotid arteries supplying the brain. We assess the vessel wall, possible plaque deposits and narrowing. The thyroid is also examined for its size, structure and nodules.

09 Heart ultrasound

Echocardiography assesses heart function and the heart valves. Doppler techniques add information about blood flow. Further techniques depend on your selected package and the medical conditions specified in the complete service list. We use Philips EPIQ for ultrasound examinations.

10 Cardisiography

Cardisiography records the heart's electrical signals in three dimensions. The algorithm-assisted analysis is interpreted by your physician together with your other findings.

11	Retinal examination: Skleo	Skleo is used to obtain images of the back of your eyes. The visible small blood vessels provide additional information for the medical assessment of vascular health. The result is interpreted alongside your other findings.
12	Fitness assessment	Cardiopulmonary exercise testing combines exercise assessment with ECG and lung function measurements. It shows how the heart, circulation and breathing work together during exertion. The findings support medical advice on exercise and training.
13	AGE Reader	The AGE Reader measures advanced glycation end products, or AGEs. These metabolic products can accumulate in tissue with age and in certain diseases. We interpret the result alongside the other metabolic and cardiovascular findings.

03 / Imaging & further examinations

14	Abdominal ultrasound	Abdominal ultrasound shows the accessible abdominal organs, including the liver, gallbladder, spleen, kidneys and bladder. Changes in size and structure may provide clues to disease and are assessed alongside the other findings. We use Philips EPIQ for ultrasound examinations.

04 / Findings & personal advice

15	Discuss the findings. Take home personal advice.	At the final medical consultation, we bring the results together and explain the available findings. These inform personal recommendations on exercise, nutrition and recovery. Most results are available by then; more complex laboratory analyses may follow later.

16 Your check-up dossier

In the following days, you receive a detailed, clear report and your original findings. MRI images are made available via a personal QR code. Our EPC physicians remain available for questions after your check-up.

This schedule shows the stages of your agreed EPC package, without fixed times. All package services are grouped into one day; we coordinate the order and any necessary preparation with you individually.

03 · COMPLETE SCOPE

All examinations in detail

The complete examination list for Check-up Basic. Medical conditions and age-related requirements are stated alongside the relevant tests.

Medical history & physical examination

- Current detailed medical history and past medical history - As part of the medical history:
- For nicotine dependence: question inventory on physical nicotine dependence as a basis for smoking cessation (Fagerström test).
- Risk-factor assessment (PROCAM, SCORE2 / SCORE2-OP as medically appropriate)
- Anthropometry incl. bioimpedance analysis measurements
- Calculation of the Body Mass Index (BMI)
- Waist and hip circumference calculation [waist-to-hip ratio (WHR), whaist-to-height ratio (WHtR)].
- Body composition (fat, water, biomass).
- Oxygen saturation (pulse oximetry)
- Detailed physical examination
- We assess body composition with the seca mBCA Ultra using eight-point bioimpedance analysis. Skeletal muscle mass measurement is validated against whole-body MRI; fat mass uses the four-compartment model as its reference. Fat, muscle and water compartments are interpreted alongside your other findings.

Laboratory tests

- Differential blood count (large blood count) incl. differentiation of the white blood count
- Blood glucose values: Fasting blood glucose, HbA1c basal insulin (incl. HOMA index).
- Cholesterol status: total cholesterol, HDL cholesterol, LDL cholesterol and triglycerides
- Liver/bile/pancreas values: gamma-GT, GOT, GPT, LDH, cholinesterase, bilirubin, lipase, amylase, alkaline phosphatase
- Kidney values: creatinine, urea, uric acid
- Muscle: creatine kinase
- Electrolytes/metabolism: calcium, chloride, potassium, sodium, magnesium, ferritin
- Coagulation values: INR (Quick), PTT, Fibrinogen

- Protein analysis: total protein and protein electrophoresis
- Thyroid hormone status: TSH basal (LIA)
- Urine status: pH, leukocytes, protein, glucose, ketone, erythrocytes, urobilinogen, nitrite, density, bilirubin; including micral test (microalbumin)
- Stool examination: Hemoccult test
- emerging risk factors: high sensitive CRP
- Men's laboratory (for men over 40 years of age): PSA / free PSA, if applicable

Organ & vascular imaging

- Ultrasound of the abdominal organs (abdomen)
- Duplex ultrasonography of the carotid arteries including age- and sex-adjusted intima-media thickness measurement
- Sonography of the thyroid gland

Cardiovascular & functional assessment

- Ergospirometry with ECG incl. lung function
- Doppler echocardiography
- Pulse wave analysis incl. determination of the ABI index (ankle-brachial index)
- Cardisiography (Cardisio): Cardisiography records the heart's electrical signals in three dimensions. The algorithm-assisted analysis is interpreted by your physician together with your other findings.

Further examinations

- Determination of the Advanced Glycation Endproducts (AGEs) by AGE-Reade
- retinal examination (Skleo), with specialist ophthalmological interpretation.

Final consultation & report

- Detailed final discussion, illustration and interpretation of all imaging findings
- Lifestyle counseling, based on individual findings
- Written generally understandable final report