

DÜSSELDORF · CORPORATE HEALTH CHECK

Check-up Executive

A day for your health.

All Standard check-up services with whole-body MRI and extended laboratory tests, complemented by selected Executive additional services.



Welcome to our Medical Center in Düsseldorf.

Duration

Approx. 7 hours

Laboratory

Extended

Imaging

Whole-body MRI

Prices on request · additions via points system

Key examinations · Your day · Complete scope

01 · AT A GLANCE

Key Benefits

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



Whole-body MRI & MR angiography

Imaging of organs, the musculoskeletal system, spine and blood vessels. Imaging with a latest-generation Siemens MAGNETOM system.



Extended laboratory tests

Additional risk markers including lipoprotein(a), NT-proBNP and the omega-3 index.



Heart & vascular ultrasound

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



Cardiopulmonary exercise testing

Exercise assessment with ECG and lung function testing.



Skin screening

Skin examination by a dermatology specialist.



Executive additional services

Individually selected specialist additions through a points system.

Allow approximately 7 hours. All services in your agreed EPC package are provided in one day, including your own private lounge.

Executive includes all Standard services plus individually selected additions. Additions are charged per booked point. Corporate point allowances follow the framework agreement.

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.



MRI: a latest-generation Siemens MAGNETOM system.
Manufacturer illustration: Siemens.

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. MRI illustration: Siemens via EPC.

02 · YOUR VISIT

Your check-up day

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

01 / Arrive & get acquainted

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| 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. |
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| 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. |
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| 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. |
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| 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. |
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02 / Diagnostics & exercise capacity

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| 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. |
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| 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. |
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| 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. |
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| 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. |
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| 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. |
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| 10 | Cardiography | Cardiography records the heart's electrical signals in three dimensions. The algorithm-assisted analysis is interpreted by your physician together with your other findings. |

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| 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. |
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| 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. |
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| 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. |
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| 14 | Heart rate variability | Heart rate variability measures the intervals between heartbeats. It complements the assessment of recovery and stress. If medically indicated, we discuss further tests, which are identified separately in the complete service list. |
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03 / Imaging & further examinations

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| 15 | Whole-body MRI | Whole-body MRI provides cross-sectional images of organs, the musculoskeletal system and the spine without X-rays. The radiology team explains the procedure and requirements beforehand. MRI is performed with a latest-generation Siemens MAGNETOM system. |
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| 16 | Whole-body MR angiography | MR angiography adds imaging of the arterial vessels. The procedure described in the day plan uses contrast medium. The radiology consultation addresses your individual requirements and questions. |
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| 17 Specialist skin screening | The dermatological assessment examines the skin across the body. Unusual lesions are inspected more closely using dermoscopy and documented photographically where needed. |
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| 18 Your Executive additional services | Executive adds your individually agreed services to Standard. We coordinate the selection and check-up-day schedule with you in advance. Corporate clients use the points allowance in their framework agreement. |
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04 / Findings & personal advice

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| 19 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. |
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| 20 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. |
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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 Executive. 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).
- Standardized question inventory on well-being
- according to WHO as a basis for lifestyle counseling
- 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), waist-to-height ratio (WHtR)].
- Body composition (fat, water, biomass).
- Oxygen saturation (pulse oximetry)
- Detailed physical examination
- Assessment of segmental muscle mass with age- and sex-adjusted percentiles.
- 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
- Apolipoprotein B
- Apolipoprotein A1

- 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
- APC resistance
- Protein analysis: total protein and protein electrophoresis
- Thyroid hormone status: TSH basal (LIA)
- fT3, fT4
- Urine status: pH, leukocytes, protein, glucose, ketone, erythrocytes, urobilinogen, nitrite, density, bilirubin; including micral test (microalbumin)
- Stool test: ScheBo® o 2in1 Quick™ stool test (immunological stool test)
- Bladder cancer screening: NMP22® BladderChek® urine test for bladder cancer screening (immunological)
- Urine test)
- emerging risk factors: high sensitive CRP, lipoprotein(a), homocysteine
- Arterial plaque activity: – Lipoprotein-associated phospholipase A2 (Lp- PLA2).
- Cardiac markers: NT-proBNP
- Omega-3 index
- Vitamin D (25-hydrox vitamin D)
- Immunoglobulins: IgA, IgG, IgM, IgE
- Men's laboratory (for men over 40 years of age): PSA / free PSA, if applicable
- Testosterone
- Sex hormone binding globulin (SHBG) with calculation of the androgen index

Organ & vascular imaging

- Whole-body MRI (GK-MRI) and whole-body MR angiography (GK-MRA): imaging of the complete
- Organ, muscle and vascular system as well as visualization of the entire spine (longitudinal and cross-sectional) and differentiation of degenerative changes (e.g. herniated disc)
- Duplex ultrasonography of the carotid arteries including age- and sex-adjusted intima-media thickness measurement

- Sonography of the thyroid gland
- Abdominal ultrasound, including hepatic steatosis screening of the liver, in addition to whole-body MRI.

Cardiovascular & functional assessment

- Ergospirometry with ECG incl. lung function
- Heart rate variability (HRV) for recording the psychosomatic stress level
- Tissue Doppler Echocardiography (TDE)
- Real-time 3D echocardiography (3DE) (for cardiac vitium)
- Doppler echocardiography
- Pulse wave analysis incl. determination of the ABI index (ankle-brachial index)
- Cardisigraphy (Cardisio): Cardisigraphy 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

- Skin screening (dermatological specialist)
- Ocular fundus examination (Skleo) (ophthalmological specialist)

By indication:

- oral glucose tolerance test (oGTT)
- Holter ECG (for arrhythmias)
- Ambulatory blood pressure monitoring (ABDM) (for hypertension)
- Sleep Screening

Final consultation & report

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

Executive additions · points and selection

- Cardiovascular I · coronary calcium scoring: 1 point(s).
- Cardiovascular IIa · contrast-enhanced coronary CT: 2 point(s).

- Cardiovascular III · imaging for myocardial ischaemia: 2 point(s).
- Integral stress assessment: 2 point(s).
- Lung check-up · without / with CT: 1 / 2 point(s).
- Smoking cessation · standard / intensive: 1 / 2 point(s).
- Rheumatology check-up: 2 point(s).
- Women's screening · gynaecology: 1 point(s).
- Men's screening · urology / andrology: 1 point(s).
- Vein check-up: 1 point(s).
- Bowel check-up · colonoscopy: 2 point(s).
- Oesophagogastrroduodenoscopy: 2 point(s).
- ENT check-up: 1 point(s).
- Allergy check-up: 2 point(s).
- Dental check-up: 1 point(s).
- Additional dental X-rays: 2 point(s).
- Additional FAI analysis: scope and price on request.