



IMPORTANCE OF CHECK-UPS

What is the target of check-ups?

Check-ups should be targeted at monitoring changes in health status and the preventive detection of initial changes, preventing disease onset. Therefore, it is very important to recognize health risks early, and notice a disease in the initial stage when easier to treat and with a better prognosis. That's why it is very important to attend check-ups regularly.

Check-ups at state-owned facilities – are they really sufficient?

When you reach 18 years of age, you can take a preventive examination with your general practitioner every two years. Every insured person has the legal right to attend such examination. However, are such common preventive checks really sufficient? It's true that your doctor will check your blood pressure, weight

and take blood samples, but only for basic parameters. Occult bleeding? You are not entitled to a test until you are 50. ECG? Only when you have turned 40. Men above the age of 50 are entitled to one preventive urology examination every three years. Fortunately, at least women can attend a gynaecology check-up annually. However, your gynaecologist will only perform a blood test for CA-125 tumour marker when you are above 30, although women with confirmed BRCA1 gene mutation can have it every six months. And what about ultrasound, eye and other specialized tests?

I am interested in annual preventive checks. Where can I have it?

It is a good idea to undergo a comprehensive medical examination at our privately-own Mediconet polyclinic. Our patients are offered the examination every year, beyond the

framework of regular healthcare and with extended scope of laboratory parameters. In a single day (in the case of Complete and Complete extra maybe two days) you will undergo a series of examinations by a general practitioner and specialists, focusing on the detection of potential health risk. Within two weeks you will receive a medical report containing all exam results and findings. Such medical report ends with an evaluation of the patient's health status and potential recommendations.

Who is suitable for a comprehensive check?

Basically anyone who would like to know "how his/her health is in general". The other important aspect is time. If you are busy and need to avoid time-consuming examinations, you will be satisfied with the check-up at our clinic, since we will always make an exact appointment with you.

Our polyclinic has four preventive examinations in its portfolio:

BASIC

– 80 minutes, content: laboratory exam, general/internal exam, 12-lead resting ECG, ultrasound exam of abdomen and pelvis and basic eye exam.

STANDARD

– 110 minutes, content: laboratory exam, general/internal exam, 12-lead resting ECG, ultrasound exam of abdomen and pelvis, extended eye exam, dermatology exam and LAB – tumour markers (occult bleeding stool test).

COMPLETE

– 180 minutes, content: extended laboratory exam,

general/internal exam, 12-lead resting ECG, ultrasound exam of abdomen, pelvis and neck, extended eye exam, spirometry, echocardiography, dermatology exam, LAB tumour markers (occult bleeding test + PSA in MEN and CA-125 in WOMEN), urology exam in MEN and gynaecological exam in WOMEN.

COMPLETE EXTRA

– 230 minutes, content: extended laboratory exam, general/internal exam, 12-lead resting ECG, ultrasound exam of abdomen, pelvis and neck, extended eye exam, spirometry, echocardiography + exercise ECG, dermatology exam, LAB tumour markers (occult bleeding test + PSA in MEN and CA-125 in WOMEN), urology exam in MEN and gynaecological exam in WOMEN and physiotherapy exam.

