



HEALTH CHECK UP

APPOINTMENT:



Information

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INSTITUTE FOR HEALTH PROMOTION





Check-up

The different health examinations that you will encounter in your health check were chosen based on your age and your gender.

They are neither dangerous nor invasive but are chosen to determine if you have:

- an asymptomatic disease (whose symptoms do not exist or that you can't perceive)
- risk factors (predisposition) for certain diseases.

Detective Work

With a questionnaire, interview, physical examination or examinations using different devices, we analyze your situation as accurately as possible according to present state of the art medical science.

The results generated can identify a number of diseases and health risk factors that exist in our population.

Sequence of Events

Thank you for kindly bringing with you to the check-up:

- your vaccination card,
- a pair of sandals, sneakers and a sports shorts (for the exercise test)
- your list of medications (and dosages). You shouldn't take the medications on the morning of the test but be sure to bring a daily supply to take after your fasting examinations.
- a list of existing diseases or surgical interventions
- copies of X-ray examinations, mammograms, scans ... Originals are required to properly interpret the new images.
- something to read or other pastime.

Your appointment is at 7.15 a.m. Don't eat after 8.00 p.m. the day before. Do not drink anything after midnight nor smoke on the morning of the examination. You shouldn't take any medication on the morning of the check-up but be sure to bring a daily supply to take after your fasting examinations.

Do not put your contact lenses on until after the eye examination if indicated in your program.

If you have concerns about the examinations, you will be given more detailed information during your check-up and your programme might be adapted

And after the results are in, ...

... We offer help

Your check-up ends with the collection and synthesis of all your results. A report will be sent to you and your family doctor / physician.

The coordinating Internist will explain and discuss these results and offer possible help tailored to your situation.

If treatment or additional tests are needed, your family doctor (GP) will coordinate.

If you need to make changes in your lifestyle or eating habits we offer a number of specialised courses in small groups where you will be coached and gradually made acquainted with techniques necessary for lifestyle changes.