

Personal Details (Please complete in block capitals)

First name	Last name
Date of birth	Date of check-up
Street and number	Postcode / city
Mobile phone	E-Mail
Health insurance / plan	Insurance card no. 807560

To help us prepare your check-up appropriately, please answer the following questions briefly:

1. Reason for your check-up

- ☐ General preventive check-up / health overview – no current symptoms
- ☐ Follow-up of known findings / risk factors
- ☐ Metabolism / nutrition / weight
- ☐ Fatigue / performance / stress
- ☐ Pregnancy / planning a pregnancy
- ☐ Other:

Current symptoms / questions, if any:

2. Our check-up – everything included: approx. CHF 450

Examination & discussion

Medical examination, blood pressure and blood draw (approx. 20 min.). Results discussion (approx. 20 min.) – by phone or at the practice: the key results and your next steps.

Basic laboratory panel

Blood count, blood sugar and HbA1c, blood lipids, liver and kidney values, thyroid (TSH), iron stores (ferritin), vitamin B12 and folic acid, inflammation marker (CRP).

Optional add-ons – please tick (charged at the official laboratory tariff, without surcharge):

- ☐ Vitamin D (+ CHF 48)
- ☐ Lp(a), once in a lifetime (+ CHF 18)
- ☐ A short discussion of the results is enough for me (included in the check-up).
- ☐ I would like a detailed interpretation of all values with a written report – please advise me.
- ☐ ECG (+ CHF 25)
- ☐ ApoB (+ CHF 17)

3. Special requests / areas of interest

- | | | |
|---|--|--|
| ☐ Hormones | ☐ Vitamins / micronutrients | ☐ Cardiovascular risk |
| ☐ Thyroid | ☐ Metabolism / weight | ☐ Fatigue / performance |
| ☐ ECG | ☐ Ultrasound | ☐ Body composition |
| ☐ Calcium score / cardiac CT | ☐ Cancer prevention / screening | ☐ Other: _____ |

Which examinations are medically appropriate is determined by age, medical history, symptoms and your individual risk profile. Imaging and specialised examinations may take place externally.

Depending on your answers, the doctor may suggest targeted additional values (e.g. extended thyroid values, hormone axis, fasting insulin) – the price is always stated beforehand. Complaints of medical significance are investigated through your basic insurance.

4. Insurance and costs

Supplementary insurance for prevention / check-up:

☐ Yes ☐ No ☐ Unknown

Supplementary insurance / plan:

Coverage / prevention contribution, if known:

Note on insurance coverage:

A general preventive check-up without complaints or a medical indication is usually not covered by basic insurance. If complaints or a justified suspicion of illness exist, medically necessary investigations can in principle be billed through basic insurance. Definitive coverage depends on the indication and your insurance plan. You will receive a detailed invoice that you can submit to your supplementary insurance.

5. Previous investigations

Last blood test / check-up, year:

Previous relevant investigations (e.g. ECG, ultrasound, CT, MRI):

☐ I will bring relevant previous reports / laboratory results.

6. Relevant medical history / family history

Illnesses, medications or risk factors in you or your family:

7. Your personal goal

What would you specifically like to know, improve or rule out after the check-up?

Only blood tests wanted?

If you only wish to have specific blood values measured – without a medical examination, individual selection of diagnostics or a personal discussion of the results – you can alternatively have the analyses done directly at a self-pay laboratory.

Place / Date

Signature
