



Check-up and Screening

Knowing and minimising risks

The concept in a nutshell

The medical offer for preventive examinations is large. Which ones make sense for you personally? The recommendations that apply for people who belong to a risk group are different from those that apply for healthy men and women without ailments.

Medical check-ups are regular preventive examinations at your family doctor or specialist. Preventive examinations include things such as regularly measuring blood pressure, blood sugar and cholesterol, or maybe control and follow-up measurements of intraocular pressure and bone density. Investigations for the early detection of breast, prostate or colon cancer are also well-known preventive examinations.

Preventive examinations aim to assess the personal risk of a disease on the one hand, and to detect and treat a disease at an early stage on the other hand. In addition to a comprehensive doctor-patient consultation, both physical examinations as well as laboratory tests or imaging procedures can be part of a preventive examination.

Medical preventive examinations, however, are only useful if your personal health needs and circumstances are considered. Otherwise, the risk of a misdiagnosis and subsequent erroneous treatment or over-treatment is greater than the potential benefit.

What does that mean for you?

In order to decide on a suitable preventive examination, personal factors are pivotal.

The following life circumstances are discussed during a doctor consultation in order to clarify the necessity of a preventive examination:

- Lifestyle habits: diet, exercise, nicotine, alcohol, obesity
- Prior illnesses
- Familial prevalence of illnesses
- Family and professional relationships
- Mental health
- Risk of sexually transmitted diseases or diseases transmitted by drug consumption
- Drug or medication consumption
- Vaccinations

An overview of the most common preventive measures and their benefits is provided to you by the medical file on preventive examinations of the mediX doctor network:

- Blood pressure measurement
- Cholesterol measurement
- Glucose control
- Intraocular pressure measurement
- Osteoporosis
- Aortic aneurysm
- Breast cancer
- Colon cancer
- Cervical cancer
- Prostate cancer
- Skin cancer

Here is how you can find out more



Get more information in the health file «Check-up with Adults – What kind of preventive examinations do you really need?» (available in German and French). www.medsolution.ch



Please contact your local CONCORDIA agency if you have questions regarding the cost sharing provided by CONCORDIA.

www.concordia.ch



Do you have any questions? Write to us. You can reach us at healthcompass@concordia.ch.

My notes



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Bundesplatz 15 · 6002 Lucerne · Phone +41 41 228 01 11
info@concordia.ch · www.concordia.ch