In our Center for Preventive Medicine, we offer you an individual health check-up. We consider it our aim to detect risks to health through preventive medical check-ups and to improve your achievement potential: Life and Quality of Life – that is our motto.

Early diagnosis of potential diseases is the central concern of preventive medicine. Our team of physicians will determine your personal risk profile together with you in order to give you the best possible support for your preventive health care. You have the choice among three intensity levels of health check-ups: ClassicPlus, ClassicExtra and ClassicProFound. You will find detailed information on the following pages.

Your time is valuable. That is why we compress the health check into fewer than two days (generally from Thursday afternoon to Saturday morning). A relaxing hotel atmosphere and the attractive location on Lake Tegernsee make for a pleasant stay.
Health check-up **Classic** in less than **48h**

**09:15 a.m.**  Final discussion

**09:00 p.m.**  Dental examination\(^1\)\(^2\)

**09:00 p.m.**  Mannit\(^2\)

**08:00 p.m.**  Prepaco\(^1\)\(^2\)

**05:00 p.m.**  Nordic Walking\(^1\)\(^2\)

**05:15 p.m.**  Dermatological screening\(^1\)\(^2\)

**08:30 a.m.**  Breakfast

**08:00 a.m.**  Gastroscopy / coloscopy\(^2\)

**08:00 a.m.**  Breakfast

**10:00 p.m.**  Mannit\(^2\)

**09:00 a.m.**  Pulmonary function test and Exercise ECG (ca. 35 min)

**11:00 a.m.**  Urological preventive medical check-up (Meeting place 10:40 im CPM)\(^1\)\(^2\)

**01:00 p.m.**  Lunch

**02:00 p.m.**  Sonography of the thyroid gland and upper abdomen, vessel Doppler, cardiac sonography

**Thu 05:00 p.m.**  anamnesis examination (ca. 20 min)

**Fr 08:00 a.m.**  Laboratory (on an empty stomach)**

**08:10 a.m.**  Breakfast

**09:00 a.m.**  Medication for the preparation of the gastroscopy/coloscopy.

**09:00 a.m.**  Please take your regular medication as usual – with a sip of water.

\(^1\) **ClassicExtra**

\(^2\) **ClassicProFound**

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* Medication for the preparation of the gastroscopy/coloscopy.

** Please take your regular medication as usual – with a sip of water.
Evaluation and explanation of the personal questionnaire
Detailed questioning and internal medical examination
Ultrasonic examination of the abdominal organs
Ultrasonic examination of the thyroid gland
Echocardiography of the heart (cardiac sound)
Doppler sonography (ultrasound) of throat vessels
Exercise ECG including resting ECG
Pulmonary function test
Laboratory: blood parameters with determination of all values relevant for preventive health medicine, tumor markers (CEA and PSA in men, CEA and CA 15-3 in women), thyroid function (TSH), urine status
Detailed explanation of active health prevention through sport
Detailed discussion of the results with your personal physician
Detailed final medical report
Reminder system for long-term measures

ClassicPlus

ClassicExtra
ClassicExtra includes all elements of ClassicPlus plus the following examinations:

Urological preventive medical check-up (men)
Dental examination
Dermatological preventive medical screening

ClassicProFound
ClassicProFound includes all elements of ClassicExtra plus the following examinations:

Gastroscopy
Coloscopy
Nutritional counselling

Your health check-up – a choice of three options
Your medical care team

Internal Medicine
Cardiology
Gastroenterology
Urology
Nutritional counselling
Dermatology – Allergology
Dental medicine

Further external examinations, e.g., gynaecology and cardiology MR/CT, can be organised by request.
Healthier living – Improve your quality of life

Even healthy, physically-active lifestyle and early diagnosis may prevent the emergence of numerous diseases. However, “not being sick” is far from meaning that you have reached your optimum achievement potential. “Quality of Life” will evolve only after Lifestyle-Risiken have been detected and avoided.

We consider it our job to provide regular specific preventive medical check-ups, medical consultation and recommendations regarding a healthy, physically-active lifestyle. Active health prevention through sports is an important part of preventive medicine. We are pleased to offer that to you in a competent, time-efficient, individual manner and in pleasant surroundings. Our individual health check-up will be performed in one of the most beautiful cities of Germany, right in the heart of Munich.

As an additional service to you, all relevant data will be stored in an electronically secure web-based patient record, to which you have world-wide access. An individual “Health Management” service will remind you of upcoming appointments and necessary measures on a diagnostic and therapeutic level.

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