



# 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](http://www.medsolution.ch)



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

[www.concordia.ch](http://www.concordia.ch)



Do you have any questions? Write to us. You can reach us at [healthcompass@concordia.ch](mailto:healthcompass@concordia.ch).

My notes

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