

# Preventive health check up for Managers - Blue Clarus

## A one-day health prevention program with 5 specialist doctors

Health prevention screening programs for executives and business people are quite popular in the developed world, and monitoring the psychophysical state is already a common practice. These examinations seek to identify and alert the presence of potential risk factors for early morbidity.

### 1. Laboratory examination of urine

Urinary Excretion is important for many bodily functions. With urinating we dispose of waste materials that are generated during metabolic processes. The presence of certain substances in the urine gives us information about urinary tract infection, kidney infection or systemic diseases.

### 2. Laboratory blood tests

Laboratory blood tests are one of the most important steps we can take to prevent life-threatening diseases. The results can help detect hidden health problems in the early stages when treatment is still possible and effective.

#### 2.1. HEMOGRAM, DKS and SR

Presence of anemia, infection, leukemia and other hematological disorders. Helps diagnose conditions with acute or chronic inflammation (infections, cancer or autoimmune diseases).

#### 2.2. Iron

Iron is important for detecting anemia. Iron deficiency leads to anemia.

#### 2.3. Liver tests - AST, ALT, Gamma GT, bilirubin, protein, albumin

Liver tests are intended to diagnose and monitor liver disease or damage and to evaluate liver function.

#### 2.4. Glucose

Blood glucose is one of the basic indicators of diabetes. Diabetes is one of the most common chronic diseases that can be prevented in many cases if detected early enough.

#### 2.5. Urea, creatinine, urate

By determining the values, urea, creatinine, and urate, we can evaluate the function of the kidneys, make diagnoses of many kidney diseases and some liver diseases.

#### 2.6. Cholesterol, HDL-cholesterol, LDL-cholesterol, triglycerides

Blood cholesterol can be used to assess the risk of cardiovascular disease and heart and stroke.

### 3. Body mass index (BMI)

Body mass index (BMI) is a measurement of a person's relationship between body weight and height. A BMI of 30 or more indicates obesity. Obesity is associated with chronic conditions such as heart disease, diabetes, and some cancers.

### 4. Weight analysis with advanced Tanita technology

The device sends an imperceptible electric current through your body (bioelectric impedance). Muscle, fat, bone and water carry electricity with different degrees. Based on these measurements, it calculates your body fat percentage, visceral fat, the percentage of water in the body, gives an estimate of muscle, calculates basal metabolic rate and metabolic age.

### 5. ECG or Electrocardiogram

An electrocardiogram (ECG) is a test that measures the electrical activity of a heartbeat and helps the physician evaluate the cardiac function. The purpose is to detect abnormal heart rhythms that can cause blood clots, detect heart attacks (past or current), detect arrhythmias, detect obstruction of the coronary arteries, detect an area of the damaged heart muscle (from a previous heart attack), detect inflammation of the heart or pericardium. It can also show us electrolyte imbalances and some lung diseases. The examination is painless, simple, quick and helpful to the doctor in making the final diagnosis.

### 6. Pulmonary function testing with spirometry

Spirometry is the most important independent diagnostic procedure used to determine a patient's lung function. A spirometer is a device that measures the flow of air into and out of the lungs. It measures the amount of air you can inhale and the speed of the breath itself. The test is a good indicator of asthma, chronic obstructive pulmonary disease (COPD), restrictive pulmonary disease (eg idiopathic pulmonary fibrosis) and many other disorders that affect lung function. A healthy person exhales about 80 percent of the air in the first second, and if there is obstruction or constipation due to inflammation in the respiratory tract, only about 50 to 60 percent of the air is exhaled.

### 7. Abdominal ultrasound

Abdominal ultrasound is a painless and non-invasive type of radiological examination. It helps the doctor evaluate the cause of abdominal pain or bloating. It provides insight into the major organs of the abdominal cavity: the gallbladder, bile ducts, kidneys, liver, pancreas, adrenal glands, spleen, bladder, major changes in the intestine, and orientation births. It is also used in the detection of kidney stones, liver disease, tumors, and many other conditions.

### 8. Assessment of stress and burnout levels with proactive counseling aimed at improving psychophysical well-being.

Using a self-assessment psychometric questionnaire, the therapist assesses the level of stress and identifies indicators and major burnout criteria with increasing tendency. In a confidential environment, the therapist/counselor will discuss and highlight important topics. Then, based on the interview and the information obtained, the therapist advises on key strategies for coping with stress and on the correct steps for managing and limiting stress factors.

### 9. Densitometry (DEXA scan) - Bone Mass Measurement

Densitometry is a test to measure bone mineral density. It is a safe radiological examination that measures bone density quickly and accurately. It is mainly used to detect osteoporosis, a disease in which bone density is so low that the risk of bone fracture is greatly increased (a fall from a standing position is sufficient).

### 10. Eye examination (ophthalmic examination)

The ophthalmic examination includes electronic and manual measurements of the dioptre, biomicroscope examination, examination of the ocular background on a narrow pupil, and measurement of ocular pressure.

### 11. Final opinion with consultation with a specialist doctor

On the basis of all previously performed examinations and tests, the specialist doctor conducts a final interview and gives an oral and written final assessment or opinion on the health condition of the individual.

### 12. Certificate from the Occupational Health Specialist

## Price: 265 €

Preventive specialist examinations are adjusted according to specific jobs or specific requirements of the individual or company (adverse physical or chemical influences and other health hazards).

**We can prepare different combinations of health examinations.**

For any additional questions we are available at:

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