



MEDICAL CHECK-UPS & DIAGNOSTICS IN GERMANY

# Why to undergo a health check-up?

Every day we deal with multiple psychological and physical stressors all of which threaten our internal balance, physical health and integrity.

Preventive care has become the second major pillar of medicine in recent years. Risk factors and even diseases can be discovered in a stage in which they have not caused symptoms yet and are still completely curable, either by optimizing one's lifestyle or by gentle therapeutic interventions.

Even if people are becoming more and more aware of the preventive idea, they often need an additional reason to actually decide to undergo a complete medical examination.

For example, diseases in friends or relatives of the same age may make a person think: "What if I..."

Another reason to undergo a medical check up is indeed the feeling of not being so fit and so strong as one used to be in the past. One may feel tired or even a little depressed, suffer from chronic pain, and, therefore, want to get "head to toe" check-up to exclude a serious disease.

**BY HAVING YOUR HEALTH CHECKED REGULARLY AND CONSISTENTLY, YOU TAKE CHARGE OF YOUR OWN FUTURE.**

# Premium Medical Check-Up

The German health system has an outstanding reputation among international clients and patients.

Medical Experts from the German Check-Up Centers “Conradia Medical Prevention” have created exclusive premium check-up packages available in Munich and Hamburg.

Our individualized program based on medical prevention as opposed to conventional repair

medicine provides you with professional support to effectively counteract these threats in order to maintain health, physical strength and happiness.

By combining an extensive medical check-up with personalized lifestyle coaching we can help delay the aging process. Our Premium Program developed in close collaboration with leading German experts in preventive medicine, is designed specifically to enhance your level of well-being.



# A New Dimension of Check-up Medicine

The concept of Conradia Medical Prevention is unique, being not only a single individual summary of components but an evidence-based reflection of the whole physical anatomy and function. A complete preventive medical perspective of the individual state of health is the result.

## WE FOCUS ON THREE MAJOR DIAGNOSTIC ISSUES

Using this concept, preclinical changes can be detected or ruled out prior to hospital admission. The information obtained from such check-ups serves as a basis for individual lifestyle coaching (physical activity, nutrition, balance).



### **General Health**

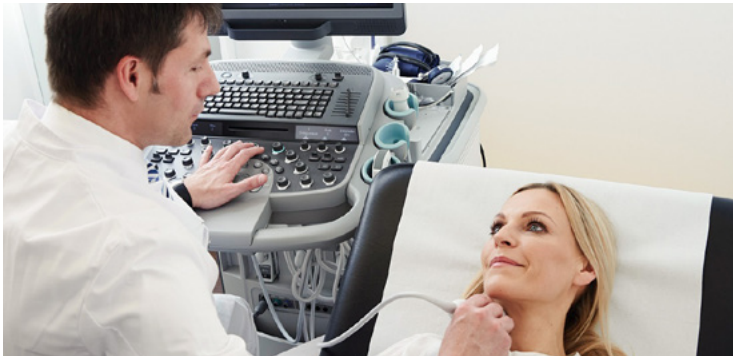
using high-end ultrasonography, magnetic resonance imaging (MRI) and, if necessary and indicated, multidetector computed tomography (MDCT).

### **Fitness Assessment**

with functional tests to determine personal fitness levels based on impedance analysis and ergospirometry.

### **Laboratory Analysis**

to measure potential risk factors including emerging risk factors.



# Our Service, Your Gain

## **Complete Check-up in one day**

In one compact day our clients undergo a comprehensive health check-up at one place. Clients can choose between different check-up packages. Individual packages tailored to individual wishes and needs can be arranged on request.

## **Medical specialists**

The check-up program is executed exclusively by specialised physicians. The program covers a number of diagnostic components based on the latest medical and scientific guidelines.

## **Personal lounge**

Time between each examination can be spent in a comfortable lounge with TV, Internet connection and own bathroom with shower, turning the client's visit into a pleasant stay. The client is collected from the lounge for each examination.



## **Service**

The mood is enhanced by an attentive snack and refreshment service.

### **Great Benefit through Innovative Diagnostic Imaging**

In all of our clinics state-of-the-art Diagnostic Imaging e.g. high-resolution Magnetic Resonance Imaging (MRI), low-dose Computertomography (CT), high-end Ultrasound (US) are part of our regular services.

### **Interdisciplinary Analysis**

The preventive medical specialist coordinates the individual examinations by an interdisciplinary team and integrates the individual findings into an appropriate context to obtain a comprehensive holistic finding.

Hamburg: MAGNETOM Vida – the first 3T MRI scanner with BioMatrix Technology



# High-class, experienced, friendly

We are dedicated to offer you medical prevention services at the highest level, in high-class surroundings and perfect organizational structures and processes.

During your stay in one of our sites you will be cared for by an expert team which combines international medical reputation, profound knowledge and experience in the field of medical prevention and cordiality.





# Medical Board

## PROF. DR. CHRISTOPH M. BAMBERGER, MD

The internist and hormone expert has become well-known as the holder of the first and only Professorship for „Endocrinology and Metabolism of Aging“ in Germany. He is one of the most renowned physicians within the field of preventive medicine.



## DR. MED. TANJA JUNGE

Dr. med. Tanja Junge is specialist for cardiology and internal medicine with focus on prevention and especially an outstanding expertise in cardiac diagnostic imaging. Her professional experience also covers controlling and programming pacemakers and specialisation in heart rhythm problems.

As head of our Prevention Department in Munich she and her specialist medical team provide a wide range of diagnostic examinations especially in cardiac imaging ( Stressechocardiografie, Echocardiografie (3D), Cardiac Computertomografie and MRI) to assess your overall health including especially cardiac risks to create then individual therapeutic preventive plans.

WE ARE GLAD TO PROVIDE YOU WITH DETAILED ADVICE,  
SO PLEASE FEEL FREE TO CONTACT US!

**For information and appointments call**

Phone: +49 (0) 6221 5025 372

Mobile: +49 (0) 179 465 72 33 (Ingrid Koytka)

Email: [info@conradia-checkup.de](mailto:info@conradia-checkup.de)

HAMBURG – MUNICH

[www.conradia-checkup-germany.de](http://www.conradia-checkup-germany.de)