YOUR HEALTH IS AN ASSET®

With almost twenty years of experience and more than 1,300 medical check-ups a year, the DIAGNOSTIK ZENTRUM Fleetinsel is northern Germany’s leading institute for preventive health care.

All examinations are conducted by medical and other specialists. The medical check-up is based on current WHO screening criteria and the check-up standards of the Mayo Clinic in Rochester/USA, and is far more comprehensive than is required by the legal specifications governing medical check-ups in Germany. The check-up programme comprises sensible diagnostic stages and the very latest examination methods. Our guiding principle is, „The minimum possible, to avoid unnecessary strain on the body; the maximum necessary to achieve reliable results“. In this way we, as health specialists, are advocating a new culture of preventive care. If, from a medical perspective, the use of advanced technology such as CT or MR is deemed necessary, then this will, of course, be employed.

ALL EXAMINATIONS COMPLETED IN ONLY SIX HOURS

In the basic check-up we examine all primary prevention areas, which involves checking the cardiovascular system and conducting cancer screening. With our personalized medical check-up, you undergo an extensive preventive examination which establishes your current health status. We achieve this in about six hours, with minimum waiting time and in a discreet and relaxed atmosphere. You will be examined by four doctors. They are specialists in cardiology, gastroenterology, dermatology and ophthalmology. If you prefer, one of these may be replaced by a medically qualified sports scientist. We draw up a tailor-made diagnostic programme for the day of your check-up. It is based on your personal risk factors and includes any additional examinations that may be necessary.

For instance, our doctors recommend a colonoscopy for anyone aged 45 or over, CT lung cancer screening for smokers, dietary advice on weight reduction for those who are overweight, individual performance testing with determination of lactate concentration to develop a personal training plan for athletes and a psychotherapeutic consultation for those at risk of burnout.

All the findings (including laboratory results) will be available in the early afternoon in time for the final consultation. One doctor will be responsible for you during your check-up day. He/she will bring all the results together and explain them to you in detail, recommending ways in which to adapt your professional and private life to benefit your health.

If your check-up indicates that further examinations are necessary our specialists will carry on supporting you after your check-up. Should you require an operation or other invasive measure, our cooperation agreements with top clinics and their specialists facilitate optimum treatment and subsequent care.

Your medical problems are our concern – we won’t let you down!

WHO ARE OUR CLIENTS?

Health is our most important asset, and preventive health care pays off. It pays off for companies, who can save considerably on lost working time by keeping their senior staff healthy, and it pays off for individuals too. The benefits go far beyond economics. You cannot put a price on health. It means joie de vivre, energy, dynamism and tranquility.

The users of our medical check-up service include, in particular, specialist and management staff from the corporate world, self-employed businesspeople and people who value their health. Our doctors recommend that the full body check-up be repeated every two years.
BASIC CHECK-UP:  
ALL-ROUND DIAGNOSTIC CHECK TAKING ABOUT SIX HOURS

Scope of the basic check-up*

8:00 am Introductory consultation
Thorough discussion of your biography with evaluation of your answers to our medical history questionnaire and a full routine examination by the specialist responsible for you on your check-up day.

8:45 am Blood sample taken
1. Blood sedimentation (ESR = erythrocyte sedimentation rate), full blood count (counts of red and white blood cells), electrophoresis
2. Analysis of blood fats: total cholesterol, HDL and LDL cholesterol, lipoprotein (a), triglyceride, HS-CRP
3. Analysis of values relating to liver and gall bladder: GOT, GPT, gamma GT, alkaline phosphatase, cholinesterase and bilirubin
4. Examination of electrolytes and of the values relevant to the body's metabolism: sodium, potassium, chloride, magnesium, calcium, iron
5. Analysis of blood sugar level: HbA1C (early diabetes diagnosis), fasting blood sugar levels
6. Analysis of values relating to kidney: uric acid, creatinine, urea
7. Determination of coagulation factors: Quick, PTT, TCT
8. Determination of thyroid hormone level: TSH
9. Determination of tumour markers: PSA, CEA
10. Vitamin D (25-OH-D) determination
11. Urine test: pH, leukocytes, protein, glucose, ketone, erythrocytes, urobilinogen, nitrite
12. Stool examination (in advance): immunological rapid test of occult blood in stool

9:00 am Examination of abdominal organs and thyroid gland
Colour ultrasound imaging of liver, gall bladder, spleen, pancreas, kidneys, prostate (men), uterus (women), and thyroid gland

10:00 am Vascular examination
Colour ultrasound examination of all major arteries, particularly the cerebral and leg arteries and the abdominal aorta

10:30 am Cardiovascular and lung examinations
Colour ultrasound imaging of the heart (3D echocardiography), ECG at rest and during exercise, test of physical fitness by measurement of respiratory gas (spirometry), lung function test (spirometry), measurement of body weight (body mass index) and body fat content

* sample schedule
11:00 am  Break for breakfast
Enjoy a tasty breakfast at the Hotel Steigenberger

12:00 noon  Preventive dermatological care
Complete skin inspection: melanoma screening with incident light dermatoscopy, skin type identification

12:30 pm  Ophthalmological examination
Testing of visual acuity, opthalmoscopy of the ocular fundus, measurement of intraocular pressure

Optionally: Muscle and mobility check-up
Testing of physical agility, strength and coordination and muscular dysbalances
Measurement of field of vision (perimetry)
Hearing test

1:00 pm  Final consultation
Thorough consultation with explanation of findings and laboratory results. Health advice, dietary tips and recommendations for your professional and private life from the specialist responsible for your care.

2:00 pm  Optional additional examinations*
For example: personal dietary advice, movement coaching, performance diagnostics, psychotherapeutic consultation.
Other additional examinations such as colonoscopy, gastroscopy and lung screening for smokers, will be included in the day’s programme as necessary.
These procedures are not part of the basic check-up.

* Variable examination programme / personalized medical check-up
A PERSONALIZED MEDICAL CHECK-UP

DIAGNOSTIK ZENTRUM Fleetinsel's pool of specialists enables you to take advantage of a wide range of other examinations.

If you already know when you make your appointment which extra examinations you would like to have done, please book well in advance so that we can make sure your check-up day goes smoothly. Do not hesitate to contact us with any questions you may have about the individual examinations. We are always happy to advise our clients.

**Endoscopic examination**
Endoscopic examination for colorectal cancer screening (colonoscopy), endoscopic examination of the stomach/oesophagus (gastroscopy) to detect possible gastritis (helicobacter pylori), ulcers or gastro-oesophageal reflux disease.

**Radiological examination**
Should a high cardiovascular risk profile be established (PROCAM score), our radiology specialist will determine your coronary artery calcium score, examine the arteries using CT or MR imaging if necessary and perform a low-dose lung CT for smokers, a non-invasive examination of the intra- and extracranial cerebral arteries and MRT examinations.

**Orthopaedic examination**
Our specialists in orthopaedics conduct examinations of joints, tendons and ligaments for clients suffering from related problems.

**Personalized dietary consultation**
To assist you in combating poor nutrition by changing your dietary habits, to achieve weight reduction or to diagnose food intolerances and allergies. Development of an individual dietary plan based on your food preferences. The consultation is conducted by a nutritional scientist. If desired, we can also monitor the achievement of your personal dietary goals.

**Physiotherapeutic examination**
An individual report is prepared on your posture and the functioning of your musculoskeletal system. A physiotherapist recommends ways to correct posture problems.

**Well woman check-up**
Gynaecological cancer check, ultrasound examination of sexual organs and bladder. Determination of hormone status if appropriate.
Digital mammography in two planes and ultrasound examination of breast glandular tissue. Osteoporosis examination: measurement of bone thickness including analysis of risk factors.

**Neurological examination**
The brain check conducted by our neurologist tests clients’ concentration and memory and examines the causes of headaches, migraines, dizziness, etc.
**Ear, nose and throat check**
Endoscopic examination of the main nasal cavities, ultrasound examination of the maxillary sinuses, examination of the larynx using a laryngoscope, allergy tests to detect possible hay fever allergies, etc., all conducted by a specialist in ear, nose and throat medicine.

**Urological examination**
Conducted if the results of the urological part of the basic check-up raised any cause for concern. Rectal ultrasound examination of prostate gland and work-up by the urologist.

**Performance diagnostics**
An individual test of performance including a graduated exercise tolerance test with lactate measurements provides the data necessary for evaluating physical endurance. A three-month training plan is drawn up by our sport specialist to help you achieve your individual training goals. Suitable for beginners and also for recreational and competitive athletes.

**Movement coaching**
Individual movement advice to analyse the existing movement pattern and potentially to define a personal training goal. Development of a strategy for a health-conscious and targeted approach to movement in client’s private and professional life. Recommendations as regards an individual training programme and, if requested, recommendation of a qualified personal trainer.

**Dental examination**
General dental examination, assessment of dental status, clarification of any potential connections to orthopaedic or ear, nose and throat disorders. Conducted by our specialist in oral, maxillary and facial surgery.

**Psychotherapeutic consultation**
Intense professional and private stress and other problems can lead to mental and physical symptoms. If your mental equilibrium is in danger or if you fear burnout, a psychotherapeutic consultation can help to clarify your situation and open up new perspectives. We can provide support and guidance if further advice or treatment is necessary.
OUR MEDICAL SPECIALISTS

**Dr. med. Tomas A. Stein**  
Specialist in internal medicine / cardiology  
Medical Director of the DIAGNOSTIK ZENTRUM Fleetinsel Hamburg

**Dr. med. Thomas Meier**  
Specialist in internal medicine / gastroenterology  
Head of the gastroenterology department at the DIAGNOSTIK ZENTRUM Fleetinsel Hamburg

**Dr. med. Dorothee Hader**  
Specialist in internal medicine / cardiology  
and dietetics at the DIAGNOSTIK ZENTRUM Fleetinsel Hamburg

**Dr. med. Hermann Johenning**  
Specialist in internal medicine / gastroenterology  
and dietetics at the DIAGNOSTIK ZENTRUM Fleetinsel Hamburg

**Prof. Dr. med. Volker Steinkraus und Partner / Dermatologikum**  
Specialists in dermatology / allergology

**Dr. med. Matthias C. Gregersen**  
**Dr. med. Andreas Meier**  
Specialists in ophthalmology

**Dr. med. Anke Wesselmann**  
Specialist in ophthalmology

**Dr. med. Anna von Schrenck**  
Specialist in ophthalmology

**Dr. Sven A. Clausen**  
Personal Training – Sport für Hanseaten®  
Medically qualified sports scientist
OUR NETWORK

Dr. med. Ingke Andreae
Dr. med. Björn-Georg Neumann
Specialists in ear, nose and throat medicine, voice and speech disorders

Ruth-Maria Beckenbauer-Maul
Psychologist, psychotherapist/naturopath, recognised BDP supervisor, coach

Dr. med. Detlef Becker-Capeller
Specialist in internal medicine, rheumatology, physical and rehabilitation medicine

Dr. med. Anke Bittrich
Dr. med. Jutta Lübbering-Schmidt
Dr. med. Eva-Maria Baumgartner
Ulrike Rönck
Medical practice for diagnostic mammography

Dr. med. Hans-Georg Bredow
Dr. med. Ansgar Frieling et al. / Neurologie Neuer Wall
Specialists in neurology and psychiatry

Conradia Radiologische Praxen Hamburg
Specialists in radiology

Dr. med. Dr. med. dent. Dieter Edinger
Specialist in oral, maxillary and facial surgery

Dr. med. Isolde Frieling
Doctor and osteologist (DVO) at Osteoporosezentrum Neuer Wall, Hamburg

Dr. med. Christine Gebhardt
Specialist in surgery and vascular surgery at Klinik Fleetinsel Hamburg

PD Dr. med. Achim Hedtmann
PD Dr. med. Michael Muschik
Specialists in orthopaedics
Klinik Fleetinsel Hamburg

Jutta Kraemer
Physiotherapist
**Prof. Dr. med. Karl-Heinz Kuck**  
Head physician of the Second Medical Department of the Asklepios Klinik St. Georg, Hamburg

**Heiko Lehmann**  
Sports scientist  
Movement coaching, performance diagnosis

**Prof. Dr. med. Bernhard Leisner**  
Specialist in nuclear medicine  
Aklepios Klinik St. Georg, Hamburg

**Dr. med. Jürgen F. Linn**  
**Dr. med. Jan H. Geiger**  
Specialists in urology

**Dr. med. Gert Müller-Möhring**  
**Dr. med. Britta Heeren**  
Specialists in gynaecology

**Prof. Dr. med. Dirk Müller-Wieland**  
Head physician in the Cardiac, Vascular and Diabetes Centre,  
Asklepios Klinik St. Georg, Hamburg

**Andrea Niedecken**  
Psychological psychotherapist / psychoanalyst

**Julia Ristow**  
Nutritional scientist  
Dietary therapy and advice

**Dr. med. Jürgen Walpert**  
**Dr. med. Ernst-Helmut Schwer**  
**Dr. med. Roland Selckau**  
Specialists in orthopaedics, sports medicine and chiropraxy  
at Klinik Fleetinsel Hamburg

**Dr. med. Detlef Waller**  
Zentrum ENDOKRINE MEDIZIN  
Specialist in internal medicine / endocrinology
All examinations and discussions are subject to medical confidentiality. Of course, this also applies if your company is paying for your medical check-up.

Approximately 14 days after your check-up you (and, upon request, your family practitioner) will receive a written report on your check-up containing all findings. The report will be sent to your private address marked „Personal / confidential“.

Please note that the medical check-up and corresponding invoicing procedure requires the electronic processing of personal data. In order to compile the statistics necessary for maintaining quality standards, data is anonymized and used to conduct analyses.

As part of the medical check-up, the data necessary for examining medical samples is sent to the respective medical laboratories.
The fee for the basic medical check-up is € 1,490.00 for men and € 1,470.00 for women.

We offer special terms to companies ordering basic check-ups for their senior and specialist staff provided they guarantee us a minimum number of check-ups per year.

Note: private health insurers often define medical check-ups in terms of legally defined programmes and ranges in their general conditions of insurance. This means that, often, only a small part of our work is covered. Please make sure that you clarify in advance the degree to which your private health insurance will cover the fee for the medical check-up. This information folder includes a detailed list of the GOÄ items to be expected. (GOÄ is the catalogue of fees on which private medical charges in Germany are based.) You can pass these on to your private health insurer.

Any additional examinations are charged separately. The prices can vary depending on the examinations involved.

Regardless of whether the medical check-up is conducted at your own expense or at your employer’s, you will receive a treatment contract, which we also ask you to sign and return to us no later than 8 working days before your check-up date. The invoice recipient is specified in this treatment contract. Once you have returned the signed treatment contract your check-up application will be regarded as binding.

Please understand that a cancellation made less than 5 working days before your examination date will result in a cancellation fee in the amount of the check-up fee.
If you have decided to have a medical check-up, please register with us two to three weeks in advance of your preferred date. If you already know which additional examinations you would like to have conducted, please inform us of these when making your appointment. This enables us to coordinate all appointments in advance.

When we confirm the date of your check-up we will also send you a questionnaire on your medical history. Please complete this and return it to us at least 8 working days before your check-up appointment. You can use the enclosed return envelope, send it by e-mail or fax it to us.

Also enclosed is a patient form with which we ask you to provide us with your personal data and health insurance information. If you would like us to send your family practitioner a copy of the examination report, please inform us of this accordingly.

If you wish, we can remind you in good time when your next check-up appointment is due.

Just before your examination appointment you will receive a personal starting time for your check-up appointment in writing.

If you want to ensure that you are relaxed on the day of your check-up by making the journey to Hamburg a day in advance, we would be happy to book you into a hotel close to the DIAGNOSTIK ZENTRUM.

You can request an appointment by phone or e-mail.

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We would be happy to help you with any further questions and requests you may have.