

Check-ups for Personalized Prevention

Ensure productivity –
show appreciation



ias PREVENT

The focus of our work is always the individual person. We therefore combine a comprehensive check-up at the highest medical specialized and technical level with a varied range of additional services and modules.

With more than 40 years of experience and eight locations nationwide, ias PREVENT is one of the pioneers of preventive health care in Germany. We see ourselves as a specialized, independent company – our services are exclusively for preventive health care and are not connected to any interests of a medical office or clinic. The focus of our work is always the individual person. We therefore combine a comprehensive check-up at the highest medical specialized and technical level with a varied range of additional services and modules. Depending on the medical history, we can compose a check-up precisely tailored to the individual requirements of

your employees. However, human interaction in a personal conversation is at least as important to us as technical expertise. At ias PREVENT, each beneficiary is supervised from start to finish by a single physician who spends a lot of time taking the patient's medical history and conducting consultations, puts together all the results of the examinations to form a holistic picture and gives concrete advice on how to maintain productivity as well as a healthy lifestyle.

Shaping health instead of financing disease

Hardly any company can afford to have well-established managers and specialists absent for long periods due to illness.

Health is a decisive factor for the competitiveness of companies. According to expert estimates, the value added lost in Germany due to absences caused by illness or accidents alone amounts to more than 221 billion euros in 2023. In addition, experts estimate that twice as much value is lost as a result of employees who show up for work despite illness, are unable to perform at their best, and are ultimately absent for even longer. In an economic environment characterized by innovation and digitalization, the demands are becoming higher and higher. Hardly any company can afford to have well-established managers and specialists absent for long

periods due to illness. Regular check-ups help maintain and promote the health of your employees. There is also an increased sense of loyalty to the company. Those who show their appreciation for employees through company-funded preventive health care have clear advantages when it comes to recruiting talent and keeping top performers in the company. Individual prevention is therefore an investment that pays off twice.

221 billion euros

loss of gross value added in 2023

886.2 million

days of incapacity for work in 2023

Source: Federal Institute for Occupational Safety and Health (Bundesanstalt für Arbeitsschutz und Arbeitsmedizin, BAuA), Volkswirtschaftliche Kosten durch Arbeitsunfähigkeit (Economic Costs due to Incapacity for Work), 2023. www.baua.de

The ias PREVENT check-ups

The ias PREVENT check-up aims to prevent diseases from occurring in the first place. We dedicate a lot of time to this – from a detailed initial consultation with an experienced specialist in internal medicine, to an all-round diagnostic examination using the latest medical technology, to an equally detailed medical consultation. Each of our examination programs includes all the services of the Check-up **Classic**. **Classic+** and **Classic++** additionally expand the scope of examinations in the areas that most frequently lead to days of absence. In the Classic+, this is the examination of the spine using MediMouse®, through which we can assess the status of the back and develop appropriate individual exercises. The Classic++ also includes 30 minutes of online health coaching, the digital package, which helps you implement

your recommendations for action optimally and consistently with supplementary digital services, as well as individual items from the entire range of additional services. Custom fit according to your needs. The Healthy Longevity Check-up is aimed specifically at health-conscious people who want to understand and preventively influence their biological aging profile. It supplements the Check-up Classic with modern diagnostics, for example to determine biological age, analyze risk factors and develop personalized prevention strategies. Of course, each check-up can be individualized with further additional services and modules from the overview provided on the following pages.



Additional services and modules

We offer a wide range of additional services beyond the comprehensive Check-up Classic. They enable you to address your individual requirements or to tailor the scope of your examinations based on the results of your initial consultation. For the particularly important areas of back health and mental health, we offer additional modules in which the relevant examinations are bundled. All additional services and modules (except for the systemic coaching and follow-up modules) can

usually be performed on the day of the check-up, eliminating the need for another visit. Your employer often sets up a budget for additional services; but you can also pay for the services privately.

Detailed information on our additional services and modules can be found on the following pages.



Mental fitness
incl. stress test, stress management, prevention of burnout



Personal training (online)
incl. one-on-one health coaching, individual training plans, nutritional counseling



Personalized risk analyses
incl. personalized genetic analysis, measurement of resting metabolic rate, exercise



Healthy longevity
incl. genetics, epigenetics, biological age, metabolism, muscle function, biomarkers



Immune system
incl. pulse wave analysis, stress hormones, oral health



Different stages of life
incl. men's health, women's health, sex hormones

Check-up Classic



Initial consultation, examination
Detailed medical history about pre-existing conditions, environment, lifestyle and physical examination



Blood vessels
Ultrasound examination of the carotid arteries, aorta and iliac arteries including Color Doppler ultrasound.



Heart, circulation, lungs
Resting and stress ECG, ultrasound examination of the heart, pulmonary function testing and oxygen saturation.



Eyes and ears
Visual acuity in the near and far range, color sense test, binocular vision, intraocular pressure and hearing test.



Sports medicine
Exercise ECG with respiratory gas analysis, determination of individual fitness and customized training recommendations.



Laboratory examination
Comprehensive examination of blood (including determination of vitamin D levels), urine and stool on more than 24 parameters.



Internal organs
Ultrasound examination of the thyroid gland, internal abdominal organs and the prostate gland in men.



Life stage and gender sensitive counseling, visit report
Understandable explanation of all findings. Individualized advice on risk profile, lifestyle, diet and exercise. This is followed by a confidential, detailed visit report sent to the client's home address.

+ Check-up Classic +



Additional service Spine check
Radiation-free measurement using MediMouse® to detect imbalances and develop targeted training plans.

+ Check-up Classic ++



Additional service Online health coaching (30 min)
Reaching your goal in good health with your personal consultant.



Additional service Digital package
Exercise, nutrition or relaxation – the optimal and sustainable implementation of the practical recommendations from your check-up can be supported by the supplementary digital services of the ias-Gruppe.



Individual items from the entire range of additional services

+ Healthy Longevity Check-up

The Healthy Longevity Check-up includes all the services of the Check-up Classic plus key markers and exams in the context of healthy longevity. The check-up explicitly aims to determine your current biological age and, based on this, to provide personalized recommendations that can significantly influence your healthy lifespan.



Measurement of hand and leg strength
The measurement results enable monitoring of physical health, a deeper understanding of the progression of aging processes and the development of timely prevention strategies to promote longevity.



Comprehensive laboratory panel
Includes a variety of important markers: omega index, vitamin D3, vitamin B12/folic acid/selenium, homocysteine, coenzyme Q10 and interleukin 6 (if needed).



epiAge Test
Discover your true biological age and gain a scientifically precise reference point on your path to a healthy and long life.



Stress management
Biofeedback exercises promote your tolerance to stress. Additionally, you will receive personalized advice for effective stress management and to strengthen your resilience.



Remote Health coach consultation
After 6-8 weeks, a remote consultation with our health coach will take place to discuss the implementation of the personalized recommendations.



Oral health
Discomfort in the mouth can be a warning sign of periodontitis (gum disease). PerioSafe uses a modern biomarker procedure to detect this serious disease in its early stages.



Pulse wave analysis test
Atherosclerosis, or "hardening of the arteries", increases the risk of kidney damage, a heart attack or a stroke. Pulse wave analysis test enables immediate determination of vascular age and helps you prevent these diseases in good time.


Our additional services and modules in detail

Additional services:




Stress test: identify risks at work

The AVEM test (test to measure work-related behavior and experience patterns) determines how you manage your work-related stress. This means risks can be detected in a timely fashion and corrective measures and actions introduced.




Stress management: measure and improve stress tolerance

This test records stressful situations and your heart rate fluctuations as a measure of your ability to manage stress, so that tolerance to stress can then be improved using biofeedback exercises.




Stress hormones: detect warning signs early

Hormones such as cortisol and DHEA play an important role in managing stress. Their measurement provides key information on your stress tolerance.




Mental performance: how mentally fit are you?

This test assesses your mental performance systematically using five individual tasks.




Oral health: gum disease (med. “periodontitis” or “periodontal disease”) is widespread and often underestimated

Discomfort in the mouth can be a warning sign of periodontitis (gum disease). PerioSafe uses a modern biomarker procedure to detect this serious disease in its early stages.




Individual genetic analysis: Identify health risks – seize opportunities early

The scientifically based genetic analysis, combined with your personalized check-up, helps optimize your lifestyle and supports long-term health.




epiAge Test: assessment of biological age based on DNA methylation

Discover your true biological age and gain a scientifically precise reference point on your path to a healthy and long life.



Pulse wave analysis test: how young are your vessels?

Atherosclerosis, or “hardening of the arteries”, increases the risk of kidney damage, a heart attack or a stroke. Pulse wave analysis test enables immediate determination of vascular age and helps you prevent these diseases in good time.



Measurement of resting metabolic rate: a foundation for healthy weight

To achieve your ideal weight, it is important to know the minimum number of calories that your body needs. The measurement of the resting metabolic rate determines these values using breath gas analysis.

Additional services:



Nutrition therapy: achieve your health goals with the right nutrition.

Over the course of several appointments (either in person or online), you will receive personalized counseling tailored to your health goals. This service is supported by the statutory health insurance funds.



Spine check: prevent back problems

This examination analyzes the spine without radiation using the MediMouse®, detecting the causes of painful imbalances, thereby facilitating the development of corrective training plans tailored to individual needs



Functional movement screening: the all-around mobility test

This check assesses mobility, stability and movement patterns to detect imbalances and any limited range of motion. A personalized program of corrective exercises is then created for you on the basis of these test results.



Sex hormones: check hormonal control processes

This test determines an individual range of sex hormones, so that any issues can be treated at an early stage. In men, the PSA value can also be measured as part of early cancer screening.



Our digital package: make your check up even more sustainable

Exercise, nutrition or relaxation – optimal and sustainable implementation of the practical recommendations from your check-up can be supported by the supplementary digital services of the ias-Gruppe.



Health coaching (also online)

Enjoy the feeling of being well advised and receiving support from a professional with one-on-one guidance on exercise, nutrition and stress management.





Measurement of hand and leg strength: key indicators of physical health and longevity

The measurement results enable monitoring of physical health, a deeper understanding of the progression of aging processes and the development of timely prevention strategies to promote longevity.



Osteoporosis check: early detection without radiation

Loss of bone structure: in many orthopedic conditions and changes related to certain life stages, the bone structure might be compromised, potentially leading to fractures. An appropriate method of early detection (for prevention), such as the OsteoTest, can help avoid osteoporosis-related fractures and monitor the development of mineral supply alongside therapy.





Module

Mental health

The complete package to manage stress

What is perceived as stress varies greatly from person to person. Whilst one individual may be quickly overwhelmed by unfamiliar tasks, another will experience repetitive work as unbearably monotonous. The mental health module combines the additional services stress test, stress management and stress hormones, enabling a comprehensive analysis of your individual stress risks.





Module

Gender-sensitive prevention

A little difference with a big effect

Women and men become sick and recover differently. In this module, we have integrated gender-specific examinations with a focus on cardiovascular diseases, the immune system, stress management and specific diseases. These include an osteoporosis check (OsteoTest), a hormone status analysis, gender-specific consultation and oral health (PerioSafe).





Module

Systemic coaching (online)

Active stress prevention and stress management

If the check-up or mental health module identifies a high level of stress, systemic coaching can help you prevent and manage stress. Together with your certified systemic coach, you will define your individual goals, for example preventively strengthening self-management skills, promoting personal development or problem solving.





Module

Follow-up

Information and training between check ups

Do you want to know how successful your training and lifestyle changes have been? The follow-up module determines the current proportion of fat and muscle mass. Additional individual services can also provide information on the success of the training program. Your training plans and coaching are adjusted on this basis.





Module

Back health

The complete package to manage your back

Nowadays physical work is no longer the only common cause of musculoskeletal disorders. Prolonged sitting in front of a screen can also lead to painful muscle tension. The back health module combines the additional services of the spine check and the functional movement screening to analyze back problems and mobility disorders in greater depth, providing you with tailored advice on exercise based on these test results.



Module

Healthy longevity

A systematic approach to gain more active years

In addition to the proven basic services carried out by specialized medical professionals, the healthy longevity module includes targeted markers and examinations to estimate and assess your current biological age and, based on this, to identify possible ways to influence it. A detailed final consultation with personalized recommendations for action will help you to actively influence your healthy lifespan.



We are here for you

We rely on individualized, continuous contact also when supporting our corporate clients.

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