

# Your Personalized Check-up

Setting the course  
for a healthy future



## ias PREVENT

### Check-ups for personalized prevention

A check-up at ias PREVENT lays the foundation for a healthy future. Our comprehensive diagnostic program provides insight into your current state of health and fitness, highlights individual risk factors, and identifies ways to effectively prevent potential illnesses.

With over 40 years of experience and eight centers across Germany, ias PREVENT is a pioneer in preventive healthcare. Your health is at the center of everything we do. That's why we combine high-level medical diagnostics and specialist expertise with a broad range of optional services and modules.

Together with your attending physician, you can tailor a check-up program precisely to your individual needs and medical priorities.

Your check-up begins in our centrally located, thoughtfully designed facilities with an introductory consultation with your physician and the care team. During the morning's extensive diagnostic procedures, a healthy breakfast will be provided. As your lab results are typically available by midday, your visit concludes with a comprehensive consultation the same day.



# Your Check-up

Comprehensive diagnostics and in-depth consultation

At ias PREVENT, we dedicate ample time to your health. Throughout the entire check-up, you will be attended by an experienced specialist in internal medicine. Your day begins with a detailed initial consultation and a thorough physical examination conducted by your attending physician. This is followed by a comprehensive diagnostic assessment using state-of-the-art medical technology.

By early afternoon, once all examinations have been completed and your lab results are available, your physician will provide a detailed explanation of the findings and offer guidance on how to actively manage and maintain your health and well-being. Complete confidentiality is, of course, guaranteed – including with regard to your employer.



## Initial consultation, examination

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



## Heart, circulation, lungs

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



## Sports medicine

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



## Internal organs

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



## Blood vessels

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



## Eyes and ears

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



## Laboratory examination

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



## 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.

# Additional services

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

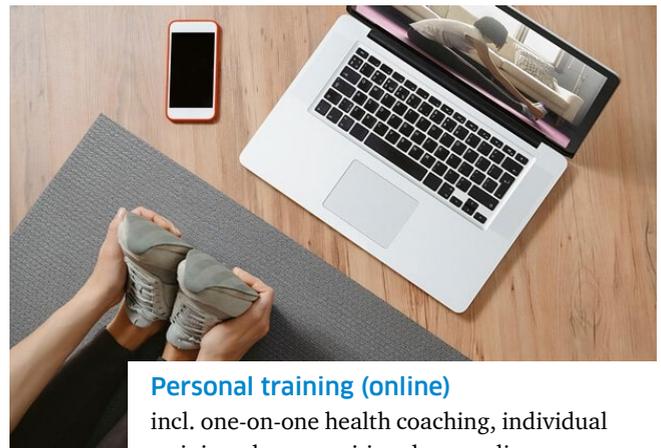
usually be performed on the day of the check-up, eliminating the need for another visit. Your employer often sets up a budget for additional services; but you can also pay for the services privately.

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



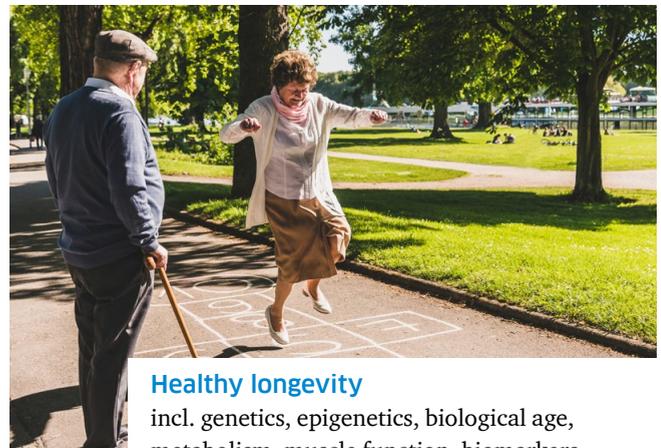
## Personal training (online)

incl. one-on-one health coaching, individual training plans, nutritional counseling



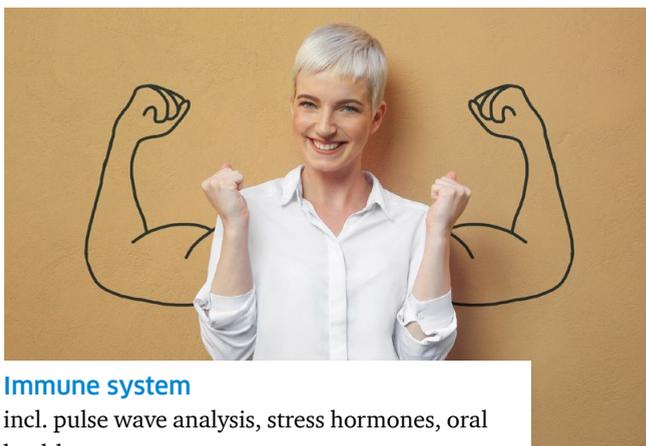
## Personalized risk analyses

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

# 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.



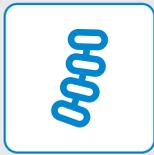
### **Measurement of resting metabolic rate: a foundation for healthy weight**

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.



**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.



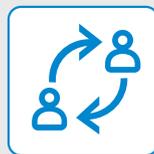
**Sex hormones:** check hormonal control processes

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.



**Metabolic Check:** Understanding your energy needs and metabolism

This assessment uses breath analysis to measure your individual resting metabolic rate and determine whether your body primarily uses fat or carbohydrates for energy while at rest. The results provide a sound basis for optimising nutrition, weight management and physical performance.



**S3 CHECKPro\*:** Analysing balance and coordination

This assessment evaluates your stability, sensorimotor function and symmetry to identify muscular imbalances and coordination deficits at an early stage. The results support personalised prevention and training measures to improve mobility, balance and reduce the risk of falls.



**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.



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**Do you have questions about your check-up or would you like to schedule an appointment? We're happy to assist you:**

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