

Work healthier. Live more consciously.

Health check for managers



ifa.

Medical service

The Health Check is a medical assessment that makes it possible to recognize early signs of health disorders. Your personal results allow us to give you tips and recommendations to protect or improve your health. There is the possibility to consult with medical doctors from various fields of specialization.

With your schedule in mind, we have optimized the procedure so that you only have to spend half a day for the examination and the debriefing. You will receive all the results in print and in a digital version at the end of the consultation around noon.



Examination procedure and scope

Please arrive at our practice in the morning with an empty stomach for the blood withdrawal. Please refrain from eating solids after midnight. As you will require a full bladder for the ultrasound examination, we ask you to drink plenty of fluids. Suitable drinks include water and unsweetened or artificially sweetened tea. Milk, fruit juices and coffee are not allowed.

After the blood sample, electrocardiogram recording and lung function test, you will go for an ultrasound of the abdominal organs and the carotid artery. Afterwards you will be served a full breakfast and a newspaper. For one hour, you will be thoroughly questioned and examined by one of our medical experts. This is followed by an exercise ECG on the bicycle ergometer. In the process, it will be recorded whether your heart and blood pressure function normally under physical strain. After a shower, one of our doctors will be available for the concluding review and will discuss the results with you, also giving you suggestions and tips. The Health Check takes 4½ hours.

Medical services

- Medical history (personal, familial)
- Whole-body examination
- Vaccination status
- Stress levels (burnoutrisk)
- Health behavior (sport and exercise, diet and stimulants, sleep)
- Concluding discussion (with suggestions for lifestyle changes or brochures for further information)

Technical services

- Resting ECG and stress ECG on the exercise bike
- Lung function
- ABI measurement
(measurement of your vascular condition)
- Ultrasound abdominal organs and cervical vessels
- Body composition measurement

Laboratory tests

- Blood cells (complete blood count)
- Blood chemistry (kidney and liver values, blood lipid levels, pancreas, thyroid gland, blood sugar, electrolytes, iron reserves)
- Haemoccult (blood in stool)
- Inflammation values (blood sedimentation)
- Urine examination

Heart rate variability measurement (HRV)

- Heart rate variability
- Heart rhythm over 24 hours
- Breathing over 24 hours
- Sleep profile

Written summary of findings and suggestions

- Recapitulatory dossier with all analyses on paper and in electronic form

The ifa Institute for Occupational Medicine advises, treats and supports organizations and their employees as well as private individuals in all matters of physical and mental health.

With its comprehensive expertise, the ifa has been making a forward-looking contribution to basic medical care and occupational health management in the Baden region and the throughout German- and French-speaking Switzerland since 1995.

Around 140 ifa employees are committed to serving customers and patients on a daily basis, flexibly adapting to their individual needs.

As a responsible employer, the ifa offers dedicated professionals a wide range of tasks in a future-oriented environment characterised by team spirit, and also trains junior staff itself.

Further information

Data privacy protection

The results are treated with medical confidentiality. The data is saved and archived on our own servers at the ifa.

Costs

This comprehensive Health Check is free of charge for Manor employees. The costs for all the listed examinations, worth CHF 1'500, will be covered by Manor.

The following additional examinations can be carried out for a surcharge of max. CHF 500, which must be paid by the employee:

- Hearing test
- Eye test
- Lung x-ray
- Eye pressure measurement (age 45 and over)
- PSA (prostate cancer test) age 40 and over

Registration

By phone +41 56 205 44 44 or by mail manor@ifa-online.ch. We will contact you afterwards to make an appointment with you.



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Monday to Friday 8.00 a.m. – 5.00 p.m.