



# Fresenius Medical Care Jubi Health Check

## A milestone for your health

### WHAT IS IT?

An exclusive health check at a HELIOS Prevention Center (HPC) for all Fresenius Medical Care jubilarians in a participating company, excluding management.

### BACKGROUND

As the health care group, we believe the good health of our employees is an especially important matter. Through our internal HPCs, we are able to offer a very sophisticated, high-quality program. It is a sustainable concept: those who take part regularly will receive a thorough check every 5 years. This means that employees receive ongoing support until they retire! The Jubi Health Check is a valuable element of our approach to promoting good health and the ability to work in the long term.

### LEAVE FROM WORK

**Taking time off for your health is whole-heartedly supported in the Jubi Health Check!** Employees should set aside a whole day for the check. Fresenius Medical Care invests 3.75 hours as paid time off. More information on recording working hours can be found at [www.mitarbeiterbenefits-fme.de](http://www.mitarbeiterbenefits-fme.de).

*Why not spread the word about the Jubi Health Check among employees? It's a really good thing!*

- Unique:** Comprehensive preventive tests that go far beyond the scope of insured services by the statutory health insurance
- High quality:** Experienced specialists and high-quality equipment in our HELIOS Prevention Centers
- From A to Z:** An internist takes the time to accompany employees all day
- Integrated:** A consideration of all the findings provides a detailed overall picture
- In black and white:** Employees receive a written summary of the results and specific recommendations
- No long waiting times:** Every test is carried out on the same day
- Voluntary:** Jubilarians decide for themselves whether or not to take part
- Strictly Confidential:** Only employees receive the test results
- Free of Charge:** Fresenius covers all costs apart from travel expenses

## What's in it?

### Initial consultation



#### Blood test

Blood sample and laboratory analysis

- Blood count, blood sugar, blood lipids, serum protein electrophoresis (SPEP), infection parameters, coagulation parameters

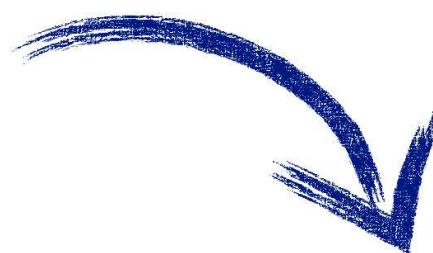


#### Bowel

Laboratory analysis of a stool sample\*:

- Occult blood test (bowel cancer screening)

\* Home test kit provided in advance



#### Heart

Resting and exercise ECG using an ergometer:

- Cardiac arrhythmia
- High blood pressure
- Signs of coronary disease

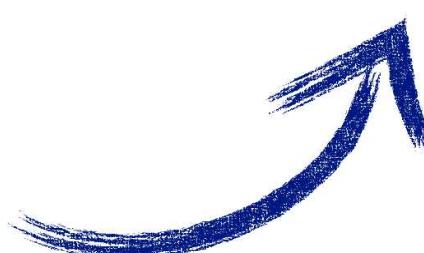
A final consultation includes a detailed analysis. The HPC doctor consolidates all results



#### Abdominal Organs

Abdominal ultrasound:

- Organ abnormalities, organ tissue changes
- Gallstones and kidney stones
- Vascular Deposits



#### Eyes

Ophthalmologic examination:

- Visual acuity (clarity of vision)
- Intraocular pressure (glaucoma)



#### Skin

Skin cancer screening

- Complete dermatological examination



### Final consultation