



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.

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



Abdominal Organs

Abdominal ultrasound:

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



Eyes

Ophthalmologic examination:

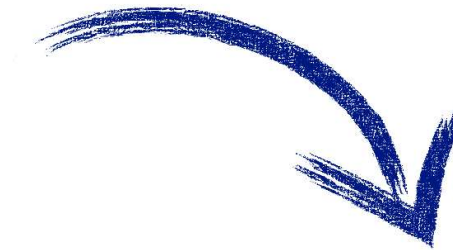
- Visual acuity (clarity of vision)
- Intraocular pressure (glaucoma)



Skin

Skin cancer screening

- Complete dermatological examination



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



A written summary
of the results is
provided

Final consultation