

High-quality health check!

Your personal health check can give you important information about your state of health. You learn about risks to your individual health, and how you can influence these yourself. The development of chronic diseases can be prevented. Early identification of illness can improve the prospects of a cure.

Your preferred doctor as your personal consultant

Your doctor draws up your personal risk profile and gives you individual advice, creating the opportunity to reduce your health risks. It gives you the time to discuss changes in lifestyle to promote health, notably on key issues such as alcohol consumption, smoking, diet and exercise.

The decision is yours!

How do I make an appointment?

The health check is a free service provided by the Austrian social insurance funds. For more information about what's covered by this examination, visit:

**For information call 0800 501 522
or visit www.sozialversicherung.at/vu**

**Now:
Your health check!**



Any questions?

We're here to help. Simply contact us on our free service line number or visit us on the internet.

Serviceline: 0800 501 522

**vu@sozialversicherung.at
www.sozialversicherung.at/vu**



Health check

Giving your life balance.

Live longer independently, and in good health – with the regular health check to help you.

**www.sozialversicherung.at/vu
free service line number: 0800 501 522**





Health.

So you can enjoy a well-balanced life.

Free examination – the health check

You benefit three times over:

- Better knowledge of your state of health / your health risks
- Time for a one-to-one discussion with your doctor
- Better knowledge of what you can do to keep healthy.

Because health is our greatest gift.

What happens for the health check?

The main preventive focus of the health check looks at heart disease, circulatory disease, metabolic disorders and cancers.

The basic programme comprises:

- **An extensive discussion of your medical history**
- **A physical examination by a doctor**
- **Laboratory tests**

Additional examinations are:

- **Smear test** (for women over 18)
- **Test for early identification of cancer of the Colon** (for men and women over 50)

Why does the health check give me balance?

Regular health checks give you better awareness of any risks to your personal health.

It gives me vital information on improving and maintaining my health.

✂

Health check

with _____

on _____