

I TAKE CARE OF MYSELF.

BECAUSE
I LOVE
MYSELF!

Men 18 to 49



vorsorgeuntersuchung.at

SORG
♥
OR!

MY BENEFITS AT A GLANCE

**Regular health checks
are important for me.**

- Free and easy!
- My regular health check gives me a sense of security.
- I learn to recognise possible risks.
- I experience which examinations are important for me.
- I can independently do something for my health.

**So I can love my nearest
and dearest for a long time.
And myself too, of course.**

MY HEALTH CHECK!

My **free health check** provides me with important information about my health. I learn more about my risks and can influence my health independently and sustainably myself.

- I receive valuable information about my current state of health and get tips on how I can stay healthy for a long time.
- Illnesses can be detected early and better treated.
- I learn how I can actively improve my health.

What happens during a health check?

The focus of the preventative medical examination is on cardiovascular, metabolic diseases and cancers. The basic programme of the health check consists of:

- Taking a medical history (case history)
- Blood draw and urine test
- Physical examination
- Determination of health risk factors
- Gingival (gum) examination
- Discussion of the findings and advice



Men over 45

Additional examination in the health check is:

- Stool test and colonoscopy for early detection of colon cancer from 45 years of age

How do I make an appointment?

I ask **my family doctor**, whether the health check is offered in the consultation hours or I use the **free telephone service line at 0800 501 522**.

Where can I have my health check?

- With any physician with a preventative care examination contract
- In the health centres of the Austrian Health Insurance (ÖGK)
- In the outpatient clinics of the BVAEB
- In the health centre for independent contractors in Vienna

My personal consultation

My doctor will create my personal profile during the health check. This way, I can reduce my health risks. I have time to talk about making healthy changes to my lifestyle and receive information on the subjects of alcohol consumption, smoking, nutrition and physical activity.



JUST GET IN TOUCH IF YOU HAVE QUESTIONS!

On the **free service line 0800 501 522**
I can get answers to my questions –
Monday to Friday from 08:00 to 18:00.

www.vorsorgeuntersuchung.at also pro-
vides me with all of the details and infor-
mation about the health check and more.



I can receive written information directly
by e-mail at **vu@sozialversicherung.at**

IMPRINT:

Competence Center Integrierte Versorgung,
Österreichische Gesundheitskasse, 1100 Vienna