

Stay healthy with regular check-ups from 35 onwards



Go to the doctor although you're feeling fine? Many conditions such as high blood pressure or high levels of lipoproteins are not noticeable at first but can lead to serious illnesses. State health insurance plans cover the cost of one health check every two years. A pre-

ventive examination of this kind is designed to provide early detection of common diseases like diabetes, cardio-pulmonary ailments and renal problems and assess the associated risks.

What happens

1

Consultation

The check-up begins with a talk with a doctor, who looks at your medical history and that of family members and asks about any current aches, pains, etc.

2

Examination

Examinations take the following form:

- ▶ A comprehensive physical exam covering heart, lungs, head, throat, stomach, spine, respiratory function, nervous system and sensory organs.
- ▶ A urine analysis to check for renal dysfunction, bladder ailments, diabetes.

3

Advice

The doctor will discuss the findings with you, compile a risk profile and advise you on healthy lifestyle. If illness is suspected or diagnosed there will be follow-up tests and the appropriate treatment.

Check-up: how it benefits you

- ▶ Quick and simple.
- ▶ Gives you an overview of your physical condition.
- ▶ Provides early detection of susceptibility to diabetes, cardio-pulmonary ailments and renal conditions.

The earlier, the better!

Just call your GP for an appointment!

Nationwide doctor search

Looking for a doctor or psychotherapist? Use our Germany-wide doctor locator on www.kbv.de/arztuche, also available as a **free app** in the app store. The Kassenärztlichen Vereinigungen information on doctors is updated continually.

Your personal preventive-care calendar

The following early-warning examinations are covered by state health insurance plans.

Age	Women	Men
20+	Early detection of cervical cancer and genital cancers annual	
30+	Early detection of breast cancer annual	
35+	Check-up 35 every two years	Check-up 35 every two years
35+	Early detection of skin cancer every two years	Early detection of skin cancer every two years
45+		Early detection of cancer of the prostate and external genitalia annual
50+	Early detection of bowel cancer (test for invisible blood in stool) annual, up to age 55	Early detection of bowel cancer (test for invisible blood in stool) annual, up to age 55
50+	Early detection of breast cancer every two years up to end of 70th year: invitation for mammography	
55+	Early detection of bowel cancer every 2 years: test for hidden blood in stool or two colonoscopies ten years apart	Early detection of bowel cancer every 2 years: test for hidden blood in stool or two colonoscopies ten years apart

Your next appointment:

The Kassenärztlichen Vereinigungen and the Kassenärztliche Bundesvereinigung

Out-patient medical treatment is provided in Germany by approx. 150,000 doctors and psychotherapists. The Kassenärztlichen Vereinigungen* (KVs) ensure the system runs smoothly:

- ▶ The KVs create the administrative and remunerative framework for the provision of out-patient care by GPs and psychotherapists to persons covered by state health insurance plans. This allows patients a free choice of doctor or psychotherapist, regardless of which health plan they have.
- ▶ They guarantee out-patient treatment at all times of the day or night.
- ▶ They verify the qualifications of GPs and psychotherapists treating patients covered by state health insurance plans and check the quality of medical examinations and equipment.

The umbrella organisation representing the 17 KVs in Germany is the Kassenärztliche Bundesvereinigung (KBV). www.kbv.de

KBV

*Associations of Statutory Health Insurance Physicians



GP surgery stamp

A preventive initiative of the KVs and the KBV