

Health check-ups for your executives

Get certainty about the health status of your executives in just one day. Get your employees in top shape. Rely on many years of experience, professional excellence and the use of state-of-the-art medical technology. Benefit from our excellent price/performance ratio.

EUPD RESEARCH

TOP BRAND

CORPORATE HEALTH

2024

SINCE 2022

WE ARE HERE FOR YOU! Phone: +49 40 3691 4248

In 4 steps to the personal health reports of your executives

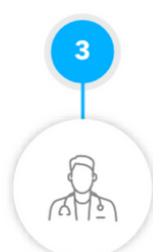
Following their check-up, participants receive an individual final report. This illustrates strengths and risks via graphics and provides concrete recommendations on how your executives can improve their health status.



Survey & Health
Review



Medical diagnostics



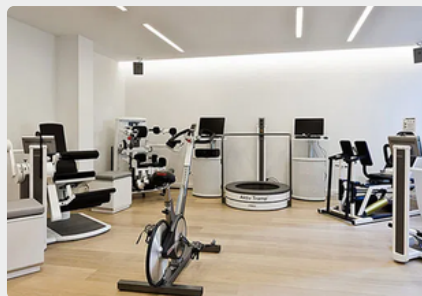
Consultation by senior
physician



Personal health report

Competently managed health centers

With the latest diagnostics, the cooperating Health Centers meet the highest standards for occupational health checkups: The medical directors are among the leading experts in preventive medicine in Germany. The 23 sites are located in Hamburg, Berlin, Hanover, Frankfurt, Düsseldorf, Cologne, Leverkusen, Leipzig, Heidelberg, Stuttgart, Tübingen, Erlangen, Regensburg, Munich and Ravensburg.



Our prevention programs

Health check-ups at our nationwide cooperating centers

COMPREHENSIVE

Duration: 3-4 hours

- Detailed preliminary mental and physical anamnesis
- Medical anamnesis including a comprehensive internal and orthopedic examination
- Comprehensive laboratory analysis
- Anthropometric examination to evaluate body composition
- Basic vision & hearing test
- Blood pressure & resting pulse measurement
- Resting & stress ECG
- Spirometry to evaluate lung function
- Heart rate variability measurement to evaluate the heart's ability to adapt to stress
- Measurement of pulse wave velocity to assess vascular stiffness & vascular aging
- Determination of ABI to assess cardiovascular risk
- Ultrasound
 - of abdominal organs
 - of the heart
 - of the vessels supplying the brain
 - Thyroid gland
- Final medical consultation including comprehensive advice on nutrition, exercise and stress management
- Comprehensive personal health report

MEDIUM

Duration: 2-3 hours

- Detailed preliminary mental and physical anamnesis
- Medical anamnesis including a comprehensive internal and orthopedic examination
- Laboratory analysis medium
- Anthropometric examination to evaluate body composition
- Blood pressure & resting pulse measurement
- Resting & stress ECG
- Heart rate variability measurement to evaluate the heart's ability to adapt to stress
- Spirometry to evaluate lung function
- Ultrasound
 - of the heart
 - of the vessels supplying the brain
 - of the thyroid gland
- Final medical consultation including comprehensive advice on nutrition, exercise and stress management
- Comprehensive personal health report

BASIC

Duration: 1-2 hours

- Detailed preliminary mental and physical anamnesis
- Medical anamnesis interview including a comprehensive internal and orthopedic examination
- Anthropometric examination to evaluate the body composition
- Basic laboratory analysis
- Blood pressure & resting pulse measurement
- Resting ECG
- Measurement of heart rate variability to evaluate the heart's ability to adapt to stress
- Spirometry to evaluate lung function
- Final medical consultation including advice on nutrition, exercise and stress management
- Comprehensive personal health report

SPORT Check-up

Duration: 3-4 hours

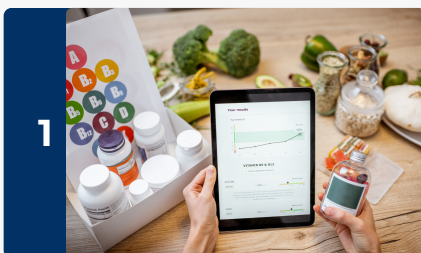
The Sport Check-up Program is designed in particular for executives with an affinity for sports. It includes an analysis of the basic health risk as well as various sports- and performance-related examinations.

>> on request in selected centers

Optional additional services

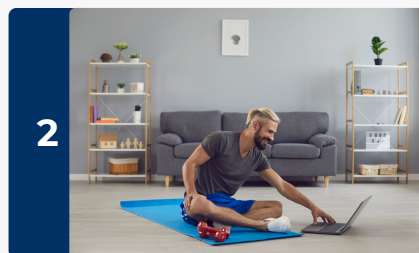
ONLINE COACHING

NUTRITIONAL COUNSELING



- Analysis of the current nutritional behavior
- Inspiration and guidance to integrate new, healthy eating habits into one's own life that fit one's lifestyle
- Development of individual nutrition systems

FITNESS / PERSONAL TRAINING



- Eliminate lack of exercise to minimize risk of disease
- Simple but very effective exercises
- Easy to implement in everyday work
- Regaining physical abilities after an injury, surgery or illness

STRESS / MENTAL COACHING



- Identifying personal sources of stress
- By becoming aware of previous reactions in stressful situations, alternative strategies and resources for dealing with stress are developed and optimized
- Strategies to gain "time for oneself" and to come to rest
- Relaxation methods



Largest German competence network: Currently 23 locations with professorship-level physicians

The preventive medicine health centers offer you the best level of quality nationwide in terms of diagnostics, participant care and specialist consultation.

Hamburg

in cooperation with the University of Hamburg
and CardioMed am Rothenbaum
Prof. Dr. med. Klaus-Michael Braumann

Düsseldorf

in cooperation with the Düsseldorf
Health Center
Dr. med. Peter Janssen

Leverkusen

in cooperation with the specialist practice for
prevention, sports and nutritional medicine
Prof. Dr. med. Joachim Latsch

Köln 1

in cooperation with the
German Sport University Cologne
Prof. Dr. med. Hans-Georg Predel

Köln 2

in cooperation with the Practice for
Internal Medicine at Mediapark
Dr. med. Thiruchittampalam

Heidelberg

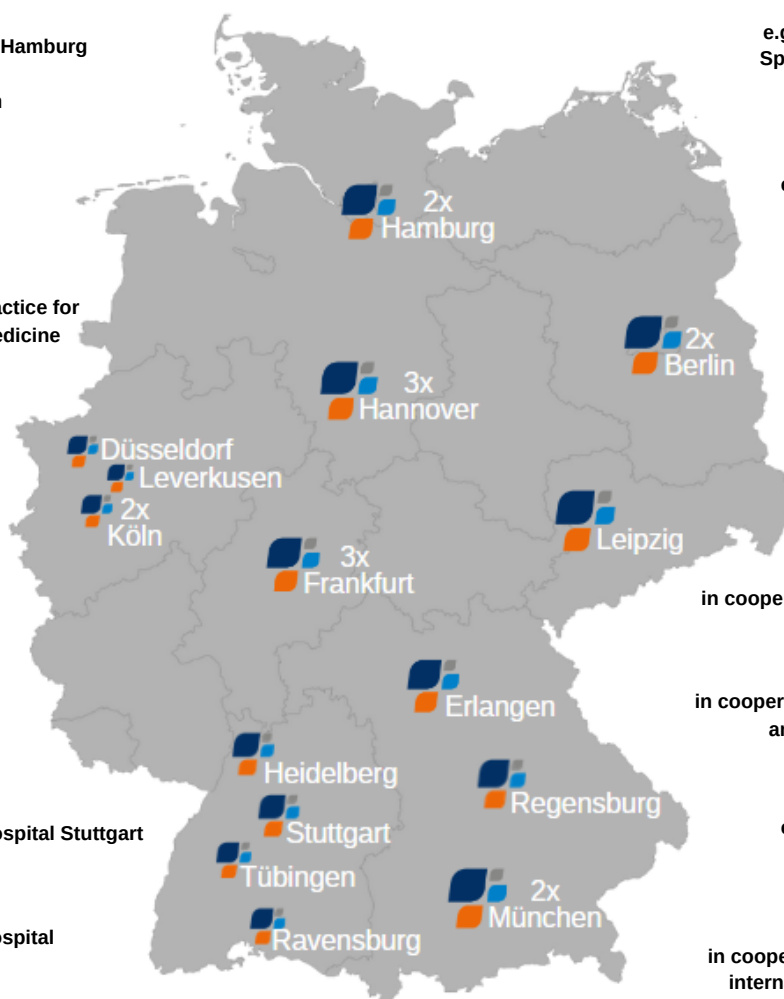
in cooperation with the
Heidelberg University Hospital
Prof. Dr. med. Birgit Friedmann-Bette

Stuttgart

in cooperation with the University Hospital Stuttgart
Prof. Dr. med. Heiko Striegel

Tübingen

in cooperation with the University Hospital
Tübingen
Prof. Dr. med. Andreas Nieß



Berlin

e.g. in cooperation with the Institute for
Sports Science of the Charité Humboldt
University Berlin
Univ.-Prof. Dr. med. Bernd Wolfarth

Hannover

e.g. in cooperation with the Hannover
Medical School
Prof. Dr. med. Uwe Tegtbur

Leipzig

in cooperation with the Institute for
Sports Medicine & Prevention of the
University of Leipzig
Prof. Dr. Dr. med. Martin Busse

Frankfurt am Main

e.g. in cooperation with
Goethe University Frankfurt
Prof. Dr. med. Winfried Banzer

Erlangen

in cooperation with the University of Erlangen
Prof. Dr. Dr. Matthias Lochmann

Regensburg

in cooperation with the Institute for Prevention
and Sports Medicine (IPS) Regensburg
Dr. med. Frank Möckel

München

e.g. in cooperation with the Technical
University of Munich
Prof. Dr. med. Martin Halle

Ravensburg

in cooperation with the specialist practice for
internal medicine and emergency medicine
Dr. med. Markus Fischer & Dr. med. Alexander Keßler



CorporateHealth offers an all-round
service for managers and
employees Check-ups, prevention
programs and a comprehensive
analysis of personal health risks
including professional advice.

CONTACT

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OPENING HOURS

Booking hotline
daily 8.00 - 18.00

Health centers
Mon.-Fri.: 8.00 - 18.00



With the check-ups, you benefit from
certified, quality-assured diagnostics
according to the strict specifications
of the German Society for Sports
Medicine and Prevention.