

Checkup Center Zürich

Maintaining good health.
Recognising individual risks.
Promoting personal well-being.

Your concerns met by our expertise.



How to find us

Please do not hesitate to contact our secretarial office if you have any questions or would like to fix an appointment.

Telephone +41 43 243 79 69

Fax +41 43 243 79 68

info@checkupcenter.ch

Why having a checkup?

The everyday demands of professional and private life are constantly increasing. Personal well-being and a good standard of health are the most important ways to withstand these demands. Our checkups generate a comprehensive profile of your general state of health and provide sound medical advice that goes beyond the usual procedure of ticking off items against a checklist. Relevant measures to enhance your health are discussed with you before specific action is taken.

Our aim is to establish an individual diagnostic and risk profile to show you how to maintain your own good health and enhance it in critical areas. Medical examinations at regular, age-related intervals enable us to monitor the success of such measures. Where special predisposition applies, such as a family history of certain diseases, we also arrange additional tests in line with the latest medical findings and any relevant professional guidelines. Long-term well-being and high quality of life in a demanding everyday environment are certainly achievable goals and we want to help you reach them.



The tests

	Junior Checkup	Business Checkup	Executive Checkup	Corporate Checkup
Blood sample and urine analyse	x	x	x	
In-depth discussion with a specialist on your personal state of health	x	x	x	
Comprehensive medical examination	x	x	x	
Vaccination check and counselling	x	x	x	
Monitoring of cardiovascular function and risk factors				
Resting, stress and recovery ECG with blood pressure reading. Optimal training pulse range	x	x	x	
Anthropometric readings				
Weight history, Body-Mass-Index, Waist/Hip-Ratio, Body fat measurement	x	x	x	
Assessment of strength and mobility	x	x	x	
Assessment of spinal mobility (non-invasive method without the use of radiation)	x	x	x	
Lung function test	x	x	x	
Diabetes screening	x	x	x	
Screening for skin changes	x	x	x	
Prostate screening	x	x	x	
Bowel cancer screening		x	x	
Review of all test results	x	x	x	
Detailed written documentation		x	x	
Personal counselling in nutrition, fitness and work – life-balance due to the personal results	x	x	x	
MRI / CT of thorax and abdomen			x	
Complete Checkup including ancillary tests, all in one day			x	
Additional time for personal counselling and support			x	
Further services (extra cost) like: interpreter, hotel reservations	x	x	x	
Duration of Checkup (examination / review)	2 / 1 hrs	2.5 / 1.5 hrs	7–8 hrs	
Price in CHF	1000.-	1600.- (in 1 day: 2600.-)	5000.- (1 day)	

Tests and examinations by arrangement

The team

Since the foundation of Checkup Center we enlarged our team up to 15 qualified specialists.

Medical specialists

Dr. med. David Fäh

Prevention medicine, Master of Public Health, Nutritionist

Dr. med. René Haldemann

General medicine

Dr. med. Alexander Meyer

Internal medicine

Dr. med. Hansruedi Egger

General and sport medicine

Dr. med. Ute-St. Sehmsdorf

Internal medicine and rheumatology



Executive and leader prevention

Dorothee Ulrich, MPH

Master of Public Health, Nutritionist

Prevention Adviser

Rolf Graf

Pharmacy and Nutrition ETHZ

Francine Schlatter

Sport and Nutrition ETHZ

Our experience

Our team of recognised specialists in internal medicine, nutrition and exercise can offer you and your organisation the benefit of years of experience. Our examination and consulting program has been developed to meet all the essential requirements for integrated health care.

We offer our services in an attractive environment specifically geared to one-on-one consultations. For follow-up procedures that may be indicated by your individual risk profile or the findings of preliminary tests, we collaborate with proven specialists from our established professional network.

The quality of a checkup depends entirely on the experience of the team carrying out the tests, their ability to consult with one another and coordinate their findings. We have been working extensively in the field of preventative medicine and personal counselling for many years, which is why we are certain we can meet the high expectations you – and we – have of our services.