



# Health checks

Prevention is better than cure



## BOOKING

Aleris send an invitation for health check to the employees covered by the business agreement by email, or the employees contact the health centre themselves on [sundhed@aleris.dk](mailto:sundhed@aleris.dk) or telephone +45 3817 0444.



## EXAMINATION

Before you turn up for your examination, you'll be sent an electronic questionnaire to fill in before your appointment. The conversation about your health will be based on this questionnaire. These examinations are performed by a nurse and a general practitioner.



## HEALTH PLAN

After the health check you will receive a personal health plan with the results of the examinations, recommendations and the conclusions discussed with your doctor.

## Basic health check

1 hour and 45 min.

- Weighing with BMI, fat percentage, muscle mass and body age
- Pulmonary function examination
- Resting electrocardiogram (ECG)
- Physical examination by the doctor (checking of the whole body, including the skin, heart, lungs, stomach, breasts, prostate)
- Blood tests (extended blood test package that includes red/white blood cells, cell metabolism, vitamin D, liver and kidney function)
- Urine check
- Conversation with the doctor based on the lifestyle questionnaire
- Overall health assessment and risk assessment for cardiovascular disease
- Recommendations for lifestyle changes, optimisation of lifestyle (diet, exercise, sleep)
- Prescription of medication if any disease is found
- Recommendations for further investigation if necessary



We have more than 30 specialists at Aleris Hospitals. If further examinations are needed as a result of the health check, we will be able to assist you.



## Benefits of a health check

- This is a personal assessment based on you, your lifestyle, your needs and any symptoms
- Detailed information on your current state of health
- Detection of any lifestyle diseases
- Useful specific advice to help you improve your lifestyle
- Assessment of whether treatment of an existing disease is optimal
- Optimisation of lifestyle conditions such as diet, exercise, sleep and work-life-balance