



PREVENTIVE HEALTH CARE AT THE ETHIANUM
MASTER PLAN FOR YOUR HEALTH

- Comprehensive Health-Check-up in one day
- Extensive cardiovascular diagnostics
- Broad spectrum of additional tests and procedures available
- Coaching for your mental health
- Health plan for your business

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/ Felix Gramley, MD, PhD, FESC

Head of the Department of Preventive Medicine
Board-certified Internist and Cardiologist
Interventional Cardiologist (DGK)
Arrhythmia Specialist (DGK)
Hypertension Specialist (DHL)
Emergency Medicine

MINIMIZING RISK, GIVING PEACE OF MIND

Dear reader, dear client:

Writing this address I hope, of course, that you are healthy and feel fine. As the head of the department of preventive medicine at the ETHIANUM, my most important objective is to ensure and maintain your good health. Together, we need to assess and judge your health status and take appropriate measures to improve and maintain your wellness.

In case you do have health issues, we can offer a wide variety of diagnostics to determine underlying causes. Next, we can lay out ways to improve and restore your health in a lasting fashion.

The department of preventive medicine at the ETHIANUM is probably one of only a few centers of excellence in Europe bringing together the know-how and experience of a multitude of internationally renowned experts in a wide variety of medical fields. This puts us in an ideal position to offer you a one-stop-shop for your health and guide you through the medical jungle.

Counseling you on health matters is very important to me. Preventive health, in particular, needs an open, trusting physician-patient relationship and it is my privilege to offer you this.

In this spirit I hope to be able to greet you at the ETHIANUM in Heidelberg soon.

With my best regards -


Dr. Felix Gramley

OUR HEALTH CHECK-UP: THE BASIS OF A BROAD PREVENTIVE PROGRAM

Prevention means avoiding future problems now. Even small signs, irregularities, or uncertainties that we push aside in our daily routines need to be addressed and taken seriously. How do you cope with stress? How do you maintain your balance? How is your sleep – is it really that refreshing? Do you have genetic risk factors for diseases that have not been sufficiently evaluated? How is your level of fitness?

Our check-up at the ETHIANUM looks at your current state of health and shows you an individually tailored way to monitor your well-being and keep you in good health.

/ DESIGN BASED ON EXPERIENCE IN MORE THAN 50,000 CHECK-UPS.

Whether you come privately or as part of a business health plan your company offers: the health check-up at the ETHIANUM encompasses essential diagnostics to rule out underlying diseases and uncovers important risk factors.

- We provide you with a thorough overview of your mental and physical health status.
- A board-certified physician will accompany you throughout the day from taking your medical history, performing the examinations, assessing the results, and coming up with an individually tailored plan.
- All medical tests will be tuned to your needs and can be adjusted according to your wishes.
- Your physician will have all the time necessary to counsel you while keeping a holistic approach in mind.
- Physician – patient privilege is a priority. Your results are 100% confidential.
- If you do not specifically direct us to pass on your examination results to a company office, an insurance company, your spouse, or other relation we will send the report to you – and only to you – at your private address.



WWW.ETHIANUM-PRAEVENTION.DE

YOUR CHECK-UP AT THE ETHIANUM

Time well invested: A meticulously planned schedule leaves enough time to discuss problems and results with your prevention expert.

EARLY MORNING

8:00 a.m.: after arriving at the ETHIANUM you get to know your doctor and the technicians who will take care of you during the check-up. Next, your doctor will take a thorough medical history and discuss issues you have brought up in the questionnaire you fill out beforehand.



LATER MORNING

The check-up starts with an extensive physical examination and various ultrasound exams. Next, you will be served breakfast. Then further technical exams follow (please refer to the following pages for standard and optional tests).



MIDDAY

Around 1:00 p.m. the blood work is available. If you booked additional diagnostics these follow. Once all results are present you will receive an in-depth oral summary of all findings. Your physician will provide you with recommendations for a healthy future with plenty of time for discussion.



FINISHING UP

Your check-up usually ends around 2:00 PM. Several days later you will receive a complete written report sent to your private address. Apart from the test results all the advice that was given to you is included.



DETAILED DIAGNOSTIC SCHEDULE

Do not expect prolonged waiting times - the various diagnostic components follow each other almost seamlessly.

ARDIOVASCULAR SYSTEM – LUNGS

We perform a complete non-invasive cardiov check-up:

- Color-Doppler-echocardiography (heart ul
- Resting-ECG
- Resting pulmonary function tests (spirome
- Cardiopulmonary function test (CPx)
- Blood oxygen saturation (pulse oxymet



GASTRO-INESTINAL SYSTEM – INNER ORGANS

These additional tests help us rule out existing diseases and identify factors that put you at risk of future health problems:

- Abdominal ultrasound (liver, kidneys, pancreas, spleen, etc.)
- Ultrasound of the thyroid gland
- For men: Palpation of the testicles, digital rectal examination of the prostate



BLOOD VESSELS

Examining blood vessels can help identify early signs of cardiovascular disease such as arteriosclerosis and help prevent a heart attack or strokes:

- Duplex-ultrasound of the neck arteries (carotids), the great abdominal inguinal arteries (abdominal aorta and iliac arteries)
- Oscillometric measurements of the ankle-brachial-index (ABI) and of pulse wave velocity (PWV)

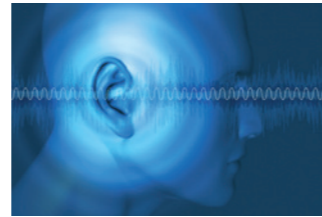


BENEFITS Á LA CARTE: OPTIONAL CHECK-UP MODULES TAILORED TO YOUR PERSONAL NEEDS

EYES – EARS

The following exams aim at detecting decreased visual acuity, chronic eye diseases such as glaucoma. They evaluate your hearing capabilities relative to your age and look for symptoms of other ear diseases:

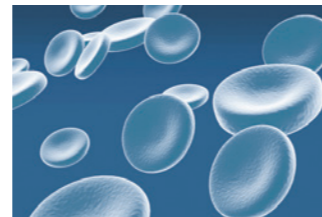
- Eye exam including visual acuity testing, phoria (bilateral eye muscle balance), stereovision, fusion, color vision
- Measurement of intraocular pressure (ocular non-contact tonometry)
- Measurement of cornea thickness (pachymetry)
- Visual field testing (computer perimetry)
- Hearing test (audiometry)



LAB WORK

A wide range of laboratory exams are performed to evaluate your current health status and search for evidence of undetected diseases: These exams include:

- Differential complete blood count, erythrocyte sedimentation rate (ESR), electrophoresis (serum protein analysis), CRP (blood marker for inflammation)
- Sugar metabolism: fasting blood sugar level, HbA1c, basal insulin, HOMA-Index (diabetes risk marker)
- Lipid panel: total cholesterol, HDL- and LDL-cholesterol, triglycerides
- Kidney function tests: uric acid, creatinine, blood urea nitrogen (BUN)
- Liver function tests: GOT, GPT, gamma-GT, and bilirubin
- Clotting: Quick, INR
- Electrolytes: sodium, potassium, magnesium, calcium
- Thyroid stimulating hormone (TSH)
- Iron metabolism: ferritin
- Urine analysis: pH-Wert, leucocytes, protein, glucose, ketones, erythrocytes, urobilinogen, nitrite, microalbuminuria
- PSA (prostate cancer marker)
- Stool test (in advance): immunological colon-cancer screening (optional blood test for colon cancer screening)



After evaluating the results of the check-up additional in-depth diagnostics are at your disposition to immediately address any concerns raised.

There are a multitude of optional diagnostic elements among which you can choose at the ETHIANUM. Your basic health check-up might have revealed an abnormality that needs to be followed up, or you might have hereditary factors in your family history that put you at an elevated risk for certain diseases – whatever the cause we have the solution.

In our modern way of life with seemingly endless resources at your disposition what are the right choices? Sometimes increasing the number of technical diagnostics does not improve the efficiency of a preventive health exam. For the layperson this can be challenging to understand. Our health care professionals assume a guiding function to help you through these problems.

Our prevention specialists at the ETHIANUM can draw on the experience of thousands of check-up patients and function as your health-care pilot. Independent of financial considerations they recommend additional exams only when these make sense. The basic

principle: an exam is performed only when a useful consequence can be drawn. Whether an exam is useful in your case depends on your medical history, the results of your check-up, and potential questions that arise from these. Your age can also influence decision-making.

The extensive medical technology the ETHIANUM is outfitted with usually allows us to schedule x-ray diagnostics and MRI-scans on the same day. The lab work-up is performed at the local university medical center. Any additional tests on top of the basic program can be ordered on short notice and typically arrive in time to discuss them with all other results. Should you need exams we do not offer at the ETHIANUM we can refer you to one of our external cooperation partners.

Gene diagnostics: Together with external partners we offer such diagnostics.

On the following pages we provide an overview of what optional benefits you can choose from.

CONTACT US IF YOU ARE INTERESTED IN OUR HEALTH CHECK-UP PROGRAM. APPOINTMENTS CAN ALSO BE SCHEDULED IN THE AFTERNOONS:

+49 6221 8723-159 OR SEND US AN E-MAIL AT PRAEVENTION@ETHIANUM.DE

OPTIONAL HEALTH CHECK-UP BENEFITS

Should you be interested in booking optional benefits for your health check-up please let us know beforehand. For most additional lab work this is not necessary.

While most optional examinations are performed at the ETHIANUM some are not. Please contact us for more details. We will be happy to help you make smart choices in regard to booking possibilities.

EXTENDED VASCULAR DIAGNOSTICS

The following tests allow us to answer further questions:

- Duplex ultrasound of the upper and lower extremity vasculature
- Duplex ultrasound of your renal arteries (to rule out renovascular hypertension)
- 6-minute walk test (6 MWT)



EXTENDED STRESS ANALYSIS USING FIRSTBEAT

Continuously high levels of stress together with a sedentary lifestyle and mental stress load can contribute to disease development. We help you cope with stress and lead a healthier life. To help achieve this we use

- FIRSTBEAT technology (validated in professional sports)
- Monitoring of stress, recovery, and quality of sleep using your heart rate variability (HRV)
- To-the-point advice for your personal health by improving resilience, recovery practices, and stress coping capabilities



EXTENDED IMAGING STUDIES

High-tech diagnostics help clarify unclear findings:

- X-ray of the chest and skeletal systems
- Computer animated tomography (CAT-scan)
- 3-tesla magnet resonance imaging (MRI-scan)



EXTENDED CANCER SCREENING

Peace of mind: for early cancer detection or for people with a family history of cancer.

- Colonoscopy (lower GI-endoscopy)
- Gastroscopy (upper GI-endoscopy)
- Women's health cancer screening
- Skin cancer screening incl. photography



SPECIAL LIVER DIAGNOSTICS

In cooperation with the internationally renowned alcohol- and hepatic-related disease researcher Prof. Seitz we can offer you special liver tests at the ETHIANUM.

- Using a Fibroscan ultrasound machine you receive a pain-free analysis of your liver stiffness within minutes. The results allow us to draw conclusions in regard to hepatic diseases such as cirrhosis.



TRAVEL MEDICINE

Business or private: We give advice on special preparations for planned trips and administer routine vaccinations.

- Empiric examination and counseling
- Tropical medicine examination and counseling
- Confirmation of professional fitness for foreign travel and ex-pat commitment according to the "G35" guidelines of the German occupational safety and health cooperative



FUNCTIONAL ANALYSIS OF THE BACK

Together with our orthopedic surgeons and physical therapists we offer examinations of your back, bones, and joints:

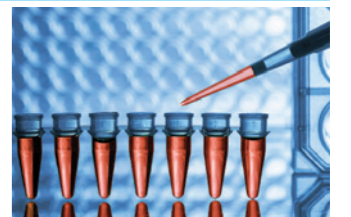
- Gauging strength and fitness of the back muscles and spine mobility
- Check of joint functions
- Check for muscular imbalances



EXTENDED LABORATORY DIAGNOSTICS

When indicated or by request: All laboratory tests can be ordered through our partners on the day of your check-up

- HIV-test, tumor markers, vitamin levels, antibody titers, Helicobacter breathing test, hormone levels, gene diagnostics, rheumatologic diagnostics, vaccine responses



FURTHER BENEFITS ON REQUEST

- Aviation medicine tests for professional and private pilots (PPL, CPL, ATPL)
- Diving medicine examination



COMPLETING YOUR CHECK-UP: OUR SPECIAL CARDIAC DIAGNOSTICS PROGRAM

Make our physician's expertise in cardiology at the ETHIANUM your asset by drawing on our broad spectrum of cardiovascular diagnostics.

SPECIAL CARDIAC ISCHEMIA TESTING

In patients with unclear chest pain despite a bicycle or treadmill stress test, an invasive cardiac catheterization is not mandated in all cases. In many instances it may be feasible to look for cardiac ischemia (decreased blood flow to the heart). At the ETHIANUM we routinely use stress- echocardiography for this. During this ultrasound exam while resting and under stress (induced pharmacologically, by bicycle, or treadmill) the heart function is evaluated – fast, reliably and without x-rays.



ARRHYTHMIA CLINIC

At the ETHIANUM we realize that arrhythmias can cause enormous psychological stress. Questions and fears arise. Our experts are there to help you, guide you, and counsel you on all types of atrial and ventricular rhythm disturbances (e.g. atrial fibrillation, atrial flutter, WPW-syndrome, AV-reciprocal tachycardias, and atrial/ventricular premature beats).

CENTER FOR PACEMAKER AND IMPLANTABLE DEFIBRILLATOR THERAPY

At the ETHIANUM we couple the most modern and broad technical facilities with decades of professional experience from our German Cardiac Society-certified experts. This allows you to receive health care from finding the problem to completing the inpatient treatment and following this up in regular intervals as an outpatient. Follow-up can also be done telemetrically. We offer the implantation and change of single- and dual-chamber pacemakers and defibrillators. Cardiac resynchronization devices (CRT), subcutaneous defibrillators (S-ICD), and implantable loop-recorders complete the therapeutic palette.

24-HOUR HOLTER ECG

If you have known arrhythmias such as palpitations or tachycardias (fast heart beat), suffer from dizziness, lightheadedness, or a stroke of unknown origin you should consider having a Holter-ECG done. Of course we offer you to have this done at the ETHIANUM.



24-HOUR BLOOD PRESSURE MONITORING – CUFF-FREE

High blood pressure afflicts about 20 million patients in Germany alone. Undetected, the risk for heart attacks, strokes, and kidney failure increases.

At the ETHIANUM we are proud to offer you the latest, cuff-free, beat-to-beat blood pressure measuring technology on the market. It allows us to assess your 24-hour blood pressure profile with the highest degree of reliability while experiencing the utmost comfort. The measurements are completely silent and thus do not disturb your sleep.

SLEEP APNEA

Among sleep-related breathing disorders the obstructive sleep apnea (OSA) is especially prevalent. Most patients with OSA snore while sleeping. Their nightly breathing is continually interrupted. If undetected, it may cause micro sleep, fatigue, problems concentrating, erectile dysfunction, cardiac arrhythmias, and a shortened life expectancy. The risk of myocardial infarctions and strokes also increases.

At the ETHIANUM we can offer you modern diagnostic capabilities to screen you for sleep apnea as an outpatient.



PREMIUM OFFER FOR EXECUTIVES: PROFESSIONAL MENTAL HEALTH COACHING

Dr. Ariane Wahl is a leading coach for executives. At the ETHIANUM we can offer you her professional counseling services to go along with our preventive health check-up. Dr. Wahl's coaching centers on character development, career planning, conflict moderation, and health promotion.

Executive psychosocial stress load increases in line with the pressure to perform. Consequences can include constant lack of well-being, malaise, and burnout.

KEY POINTS OF THE MENTAL-HEALTH CHECK-UP

- A 150-minute counseling session is the basis of the mental-health check-up. Generally, client and coach draw on the results of the preventive-health check-up at the ETHIANUM.
- Together with the client and based on results Dr. Wahl develops a concrete program of measures tailored to individual problems. This helps to improve and sustain mental health in a lasting fashion.

Stress, lack of well-being, malaise, burnout? Help develop your personal coping strategies by drawing on our mental health coaching at the ETHIANUM. This will help you to improve your performance and overall health.

DR. ARIANE WAHL



Dr. Ariane Wahl can draw on years of professional experience as an executive in marketing and distribution at a leading international corporation. In 2004 she decided to become a professional trainer and coach for executives.

Accompanying her coaching she did research at the Institute of Educational Sciences at the University of Heidelberg. In 2018 she completed her dissertation entitled *Self-Organization in Career Counseling*.

APPOINTMENTS

EMAIL: ARIANE.WAHL@ETHIANUM.DE
TELEPHONE: +49 6221 8723-159

INDIVIDUALLY TAILORED PACKAGES FOR BUSINESSES

With an abundance of preventive health care offers what makes the difference? It is the extraordinary competence and professionalism based on the experience of more than 50,000 check-ups that tips the balance.

Many internationally renowned companies have already chosen the ETHIANUM Heidelberg. Will your company be next? Ask us for an individually tailored quote.

PREVENTION AT THE ETHIANUM INCLUDES

- Tailored benefits
- Stress-analysis and a psychosocial check-up as elective benefits
- Broad range of optional cardiovascular and gastrointestinal tests
- Integration of orthopedic and /or dermatological examinations
- Holistic evaluation of all results
- Highest standard in medical technology
- Exclusive ambience

»Taking responsibility for executives pays double: Besides the obvious it also reinforces the felt bond with the company.«

Dietmar Hopp, co-founder of SAP SE and investor in the ETHIANUM helped establish preventive health check-ups as part his company's business health plan early on.

INFORMATION ON COSTS

Costs of the ETHIANUM health-check-up are based on the German medical fee schedule for physicians (GOÄ). The examinations listed as part of the extended (optional) program are billed separately: You will receive a bill detailing the specific benefits.

Primary preventive benefits are subject to value-added tax.

Questions of reimbursement by your health insurance provider or by your company should be cleared before having the check-up done. In case you are planning to ask for reimbursement from your private health insurer please take note of our relevant leaflet and please keep in mind that company health programs may differ in these benefits.

We appreciate your understanding that should you cancel your appointment 14 days or less in advance we may charge a lost- compensation fee.

ETHIANUM

Voßstraße 6
69115 Heidelberg

Monday – Friday,
08:00 – 16:00 Uhr
Telephone: +49 6221 8723-159

E-Mail: praevention@ethianum.de
www.ethianum-praevention.de

