

# CSS Check-up Premium. Your personal health review.



## For your health and well-being.

The Premium Check-up contributes to a healthy lifestyle, helping you to improve your personal well-being. On one day or two half-days of your choice you will gain a comprehensive picture of where you stand in terms of medical issues, diet, your fitness, and your work-life balance.

### Offer conditions

Insured persons who have taken out myFlex Premium Hospitalisation Insurance in combination with myFlex Outpatient Insurance benefit from this personal health review once every three full insured calendar years. CSS assumes 100% of this CSS Premium Check-up, which is conducted by a partner organisation. The Check-up Premium is reserved exclusively for adults.

## Your advantages:

- Get a picture of your individual health and fitness
- Needs-based, personal advice
- Helps you set realistic goals
- Tips to improve your well-being in the long term

## Our partners:

The check-up is conducted by our professional partners:

- The medical centres affiliated with the **Réseau DELTA** (check-ups in French)
- The **medbase** medical centres (check-ups in German and French)
- The medical centre at the **Ente Ospedaliero Cantonale**, canton Ticino (check-ups in Italian).

Our partners provide holistic medical advice and care to help you look after your health.

## Personalised for you:

Arrange an appointment on 0844 277 772  
[www.css.ch/healthaccount](http://www.css.ch/healthaccount)

# CSS Check-up Premium. Content.

## Partners:

medbase

*med***base**

Réseau DELTA



Ente Ospedaliero Cantonale



Ente Ospedaliero Cantonale

### Laboratory

- Blood/urine tests
- Laboratory analysis
- Blood pressure/pulse measurement
- Pulmonary function test
- Electrocardiogram (ECG) at rest
- Measurement of fat levels
- Hearing test

### Medicine

- Health questionnaire
- Medical examination
- Personal discussion of your results and risk profile
- Medical advice. Discussion of personal questions
- Determination of measures and objectives to maintain and improve your health

### Diet

- BMI
- Waist to hip ratio, abdominal circumference
- Percentage of body fat
- Analysis of personal eating habits
- Personal advice and elaborating tips for an optimal nutrition

### Fitness/Agility

- Agility, balance, strength
- Exercise electrocardiogram (ECG)
- Training tips
- Individual training counseling

### Life domain balance

- Review of work life balance
- Determination of the type of stress
- Short advice about the methods of relaxation
- Knowing effective methods of relaxation and concentration
- Determining the point of the situation and discussing the fundamental aspects of the organization of the present and the personal future

### Advice

- Review and discuss the personal experiences of the day, clarifying any further questions
- Medical report (on behalf of the participant/treating physician)

### Wellness

- Massage/full-body massage (if available)
- Optional use of spa area (if available)

### Extra

- Snacks (if available, provider-dependent)
- Lunch (if available, provider-dependent)
- Guest parking (if available, provider-dependent)

### Duration

- One day/two half-days

The aim of this table is to provide you with a general overview. Upon registration, the participant will be informed by the chosen partner about the program details.

The offer and conditions for the CSS Check-up are determined by CSS Versicherung AG and may be modified unilaterally by CSS at any time. Loss or change of offer and conditions do not constitute grounds for termination. The information on the additional services and benefits in the General Insurance Conditions (AVB) and Supplementary Conditions (ZB) of the specified insurance products in accordance with the Federal Insurance Contract Act (VVG) form the basis of this offer.