

# Check-ups and performance diagnostics

## Helpful information

Discuss your personal risk profile with your general practitioner.

A check-up provides no guarantee that you are "healthy", but it does help you lead a healthy lifestyle.

### Definition of a check-up

A check-up is a preventive medical examination, which can identify risk factors and potentially discover pre-existing illnesses at an early stage. The insured person is subject to a comprehensive medical examination and is given advice in line with their personal goals. People ideally have check-ups after they turn 35.

ÖKK recommends having a check-up

- to determine a person's underlying health;
- before commencing (or recommencing) sporting activities;
- before starting to lose weight; and/or
- to help manage stress.

The following things are tested as part of a standard check-up:

- fundamental look through medical history (own health, family/social history)
- creation of risk profile
- checking vaccinations
- measuring weight as well as body fat/water percentages
- blood and laboratory tests (specific tests depend on patient's age) regarding blood count, blood fats, blood sugar levels, kidney function or liver values
- checking cardiovascular function and risk factors, such as high or low blood pressure and heart rate
- ECG at rest and while exercising
- skin examination
- pulmonary function if required
- brief examination of musculoskeletal system

### Definition of performance diagnostics

Performance diagnostics is a preventive medical examination that determines under how much stress the patient's body can be placed as well as the patient's level of performance. It provides the patient with tips for training and offers a recommendation for the heart rate zones for the individual's optimal training.

ÖKK recommends having this examination

- to determine a person's general health and physical fitness;
- before commencing (or recommencing) sporting activities;
- at the start of a targeted training programme;
- to ambitious sportsmen/women to improve performance;
- to amateur sportsmen/women to maintain their fitness; and
- at the start of a training programme to lose weight.

The following things are tested as part of standard performance diagnostics:

- abdominal strength test
- orthopaedic examination specific to sports medicine
- lactate threshold testing/Conconi test on a bike, treadmill or rowing machine incl. training advice
- spiroergometry (VO<sub>2</sub>max test)
- jumping force measurement
- knee isokinetic test
- lung function measurement