



DESCRIPTION AND EVALUATION OF HEALTH ASSESSMENTS

BASIC HEALTH ASSESSMENT

Description:

1. Consultation with an Internal Medicine specialist.
2. Blood test, including:
 - Hemogram and leukocyte formula.
 - Coagulation test.
 - Biochemistry
 - Metabolic profile
 - Renal profile
 - Hepatic profile
 - PSA for men over 40.
3. Urine analysis: Systematic and sediment examination.
4. 2 dimensional chest radiography.
5. Electrocardiograph.
6. Audiogram.
7. Ophthalmologic test.



FULL HEALTH ASSESSMENT (VIP)

Description:

1. Consultation with an Internal Medicine specialist: Interview and medical examination.
2. Blood test, including:
 - Hemogram and leukocyte formula.
 - Globular sedimentation velocity
 - Coagulation test.
 - Biochemistry
 - Metabolic profile
 - Renal profile
 - Hepatic profile
 - PSA
 - Serology: C Virus, HBsAg, HIV.
3. Urine analysis: Systematic and sediment examination.
4. Multislice chest abdomen and pelvis CT scan.
5. Electrocardiograph.
6. Calcium Store
7. ORL examination with audiogram.
8. Ophthalmologic test.
9. Spirometry.
10. Virtual colonoscopy
11. Helicobacter breath test



12. Mammography for women over 40.
13. Bone densitometry for women over 50.
14. Dermatological test



SPECIALISED HEALTH ASSESSMENTS

Description:

Consultation with an Internal Medicine specialist: Interview and medical examination.

Blood test, including:

- Hemogram and leukocyte formula.
- Globular sedimentation velocity
- Coagulation test.
- Biochemistry
- Metabolic profile
- Renal profile
- Hepatic profile
- PSA for men
- HIV on patient's demand

Moreover, depending on the option:

A) Cardiologic assessment:

1. Consultation with a cardiologist
2. Blood test
3. Doppler echocardiography,
4. Cardiac effort test.

B) Pneumologic Assessment



1. Consultation with a pneumologist
2. Spirometry
3. Bronchodilator test
4. Pletismograph
5. CO2 diffusion
6. Diagnostic sleep study.

C) Digestive Assessment:

1. Consultation with a digestive specialist
2. Hepatic Serology: C Virus, HBsAg
3. Abdominal echography
4. Helicobacter test with gastroscopy
5. Colonoscopy and removal of colon polyps.

D) Gynecologic assessment:

1. Gynecologic consultation
2. Gynecologic echography
3. Cytology and cervical samples
4. Mammography
5. Bone densitometry.

E) Urologic assessment:

1. Urologic consultation
2. Abdominal echography.
3. Transrectal prostatic echography
4. Urine analysis.
5. Fluxmetry



F) Cardiovascular Assessment:

1. Internal medicine consultation
2. Blood test for metabolic cardiovascular risk factors
3. Carotid Doppler ecography done by the neurology department
4. Angio-abdominal tomography
5. Coronary tomography.

G) Early cancer detection

1. Tumoral markers: CEA , CA 19.9, CA 125, PSA
2. Body TC.



HEALTH ASSESSMENT FOR SPORTSMEN AND WOMEN

Description:

1. Consultation with an Internal Medicine Specialist. Interview and Medical Examination.
2. Psychological Assessment
3. Dietitian consultation and gastro/metabolic study
4. Blood testing, including:
 - a. Hemogram and leukocyte formula.
 - b. Globular sedimentation velocity
 - c. Coagulation test.
 - d. Biochemistry: Metabolic profile (glucose, total cholesterol, HDL-cholesterol, LDL-cholesterol, triglycerides and uric acid)
 - e. Hepatic profile: creatinine, sodium, potassium, calcium, and phosphate.
 - f. Renal profile: GOT, GPT, GGT, Bilirubin, Alkaline Phosphatase LDH.
 - g. PSA.
 - h. Serology: C Virus, HBsAg, HIV.
1. Urine analysis: Systematic and sediment examination.
2. RX THORAX



3. Abdominal and pelvic echography
4. Cardiologic assessment with ECG plus Ergometry and Echocardiography.
5. Pulmonary Assessment including, Spirometry, CO2 diffusion and Physical Performance Walk Test.
6. Consultation with a specialist in Orthopedic and Traumatology.