

# CSS Check-up Balance.

## Your personal health review.



### For your health and well-being.

The Balance Check-up contributes to a healthy lifestyle, helping you to improve your personal well-being. On a morning or afternoon 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 Balance Hospitalisation Insurance in combination with myFlex Outpatient Insurance benefit from this personal health review once every three full insured calendar years. CSS assumes 80% of this CSS Balance Check-up, which is conducted by a partner organisation. The Check-up Balance 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 Balance. 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
- Short medical advice
- Determination of measures and objectives to maintain and improve your health

### Diet

- BMI
- Waist to hip ratio, abdominal circumference
- Percentage of body fat
- Short advice

### Fitness/Agility

- Agility, balance, strength
- Training tips

### Life domain balance

- Review of work life balance
- Determination of the type of stress
- Short advice about methods of relaxation

### Extra

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

### Duration

- Half a day (morning/afternoon)

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.