

# Comprehensive health check

## Medical examinations for everyone, including children

A full medical exam gives a thorough review of the health of the body and helps identify health risks and illnesses in advance before they have developed. Anyone can come for a medical exam in Estonia whatever their health or their age, and that includes children too. Experts recommend that healthy people should also have regular health checks every few years.

### ➤ An individual and personal tailor-made approach

Medical tests in Estonia are personalised and the health audit is tailored specifically to each individual patient. The tests in the check-up programme depend on the client's age, sex, cardiac illnesses and genetic dispositions. Attention is also paid to personal risk factors like lifestyle choices, heart condition, diabetes and weight.

### ➤ An experienced and patient-focused team

Health checks are usually done by general practitioners or by specialists in internal medicine together with any other specialists who are needed. After the health check, the results are explained to the patient and recommendations made. Personal contact with the patient is considered to be very important in Estonia, with clear and caring communication.

### ➤ Quick and convenient service solutions

Health checks can be done smoothly and quickly in one single building with modern equipment, a wide and flexible range of services, comfortable conditions and small distances to travel. Health checks can easily be incorporated with a holiday or business trip or a day cruise. They equally give a good way to find out about the medical services offered in Estonia.

### THE CHOICE OF TEST PACKAGES:

- Full medical examination, including consultation with a general practitioner and design of a testing programme
- One or two-day health audit
- Laboratory analyses/packages, including various genetic tests
- Examination focusing on women's or men's health issues
- Study of cardiovascular disease risk
- Study of susceptibility to various cancer risks
- Cardiological health audit
- Gene tests with nutrition advice
- Dental examination
- Medical examination for athletes
- Check of birthmarks

Sample prices\*:

Health audit packages: 200-700 €

Cardiological audit: 350 €

Whole-body skin examination: 60 €

Full dental examination: 32 €

\*Prices are given as a guideline only. The actual price will depend on the choice of services and may vary between service providers.

### FOR MORE DETAILED INFORMATION, PLEASE CONTACT THE SERVICE PROVIDER DIRECTLY:

East-Tallinn Central Hospital  
[www.itk.ee](http://www.itk.ee)

West-Tallinn Central Hospital  
[www.keskhaigla.ee](http://www.keskhaigla.ee)

Clinic 32 dental treatment centre  
[www.clinic32.eu](http://www.clinic32.eu)

Dr. Niin Dermato-Oncology Clinic  
[www.nahakliinik.ee](http://www.nahakliinik.ee)

Fertilitas Private Hospital  
[www.fertilitas.ee](http://www.fertilitas.ee)

Kreutzwald Eye Centre  
[silmaarst.eu](http://silmaarst.eu)

Quattromed HTI Laboratories  
[www.quattromed.ee](http://www.quattromed.ee)

