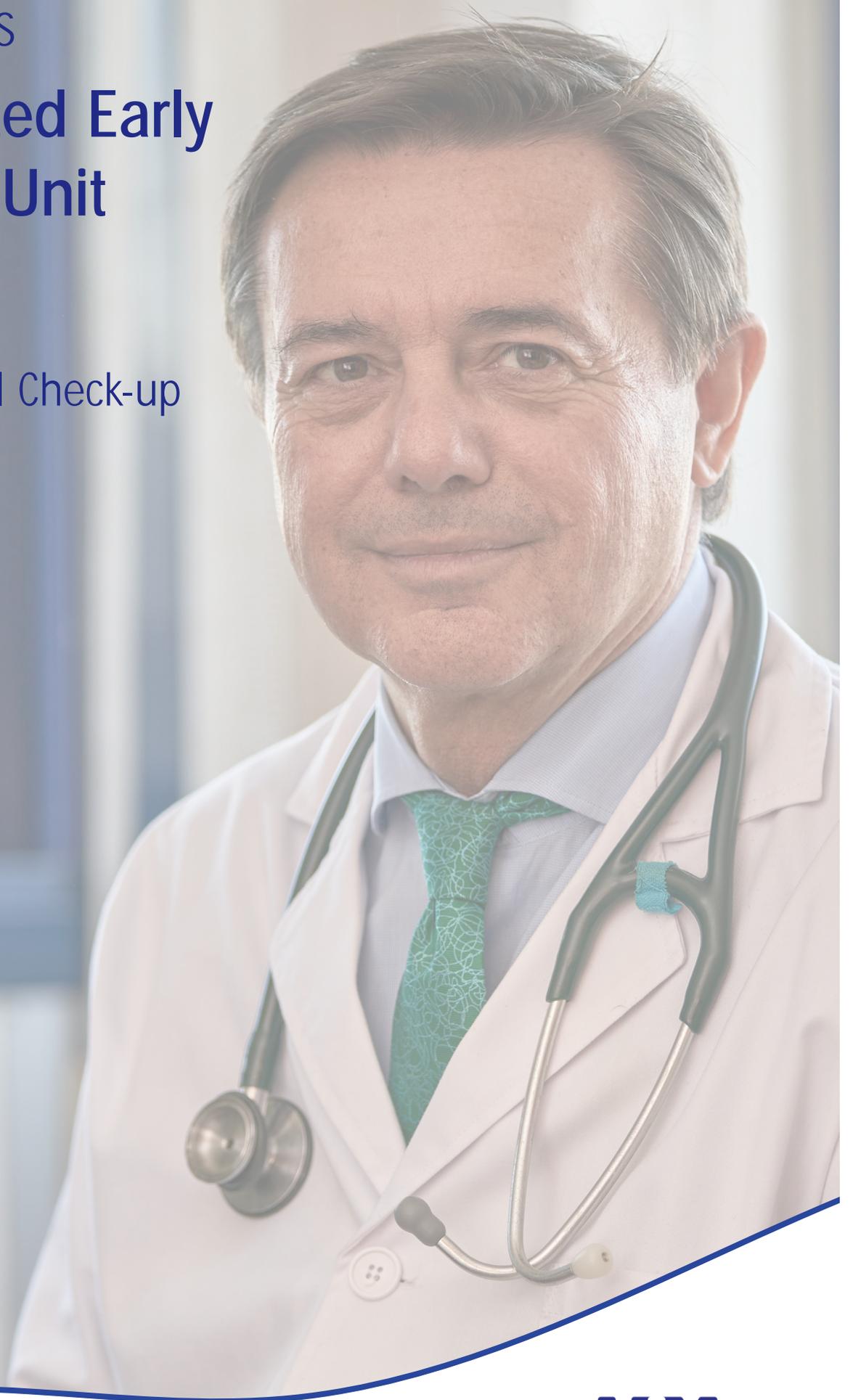


HM HOSPITALES

Personalized Early Detection Unit

Private Medical Check-up



hm hospitales

Personalized Early Prevention Unit

By examining your general health at the Hospital Universitario HM Sanchinarro (HMS) health centre, we aim to identify any physical abnormalities early, prevent harmful conditions from developing, optimize your current state of health and propose ways to maintain it and treatments.

**Because your
health matters
to many.**





1

Services offered at the Personalized
Early Detection Unit in:
Hospital Universitario HM Sanchinarro

1. Medical Check-Up

- Exhaustive medical check-up.
- Examination carried out by leading medical specialists.
- Information provided on a continuous basis before, during and after your medical check-up.
- Specific advice from each specialist and general advice about your health from the head of the Unit, Dr Niko Mihic.
- A medical report setting out drug recommendations and appropriate lifestyle changes based on the results of the check-up.
- A proposed schedule of screening tests for the coming years based on risk factors and the findings from the check-up, together with a review of previous tests.
- Appointments at the customer's request following receipt of the medical report.
- A computerized record of the entire medical process.
- Estimated check-up appointment time of 3 hours.
- Clinical analyses adapted to your needs: laboratory tests can be carried out either before or at the time of the medical check-up.





2. Evaluation

- Medical reports will be issued at the end of the check-up. If your laboratory tests have been carried out before the medical check-up, you'll have the full and final medical reports (including the test results) at the end of the check-up.
- The full reports with final recommendations will be sent to you at the address you give us.
- A verbal explanation of the medical report will be provided by Dr Niko Mihic, who will answer any questions you may have about your health in complete confidentiality.

3. Location: Hospital Universitario HM Sanchinarro Personalized Early Detection Unit

- Sophisticated facilities and infrastructure for all medical and surgical specialties allow us to meet your healthcare needs to the highest possible standards.
- You'll be welcomed by the Coordination Department of the Personalized Early Detection Unit for personalized care. This department will ensure your comfort and privacy, and will support you throughout the entire process of tests and appointments.
- Hospital Universitario HM Sanchinarro is located at 10 calle Oña, in the Sanchinarro neighbourhood of Madrid.



2

Tests and Check-up Arrangements



The staff at Hospital Universitario HM Sanchinarro will get in touch with you or your assistant to agree on a date and time for your check-up.

If you'd prefer to receive the full medical report at the end of your check-up, you'll need to have a blood test at least 48 hours beforehand. The blood test is carried out at the Personalized Early Prevention Unit. If this is the arrangement you'd like, you must let the hospital know when they contact you.

You should take the following into account when attending the appointment:

- When you get to the hospital, you'll be given access to a reserved area and a locker where you can leave your personal belongings (laptop, coat, bag, etc.). There are no showers in this area.
- Please attend in comfortable clothes. An attendant from the Patient Services Department will be on hand at all times, and will take you to the various consultation rooms in the hospital where your medical tests will be carried out.
- For medical information: bring your previous medical reports and medication if you have a serious condition.
- For the eye test: bring your reading and/or distance glasses (if you wear glasses); bring your contact lenses (if you wear lenses) but don't wear them for at least 6 hours before your appointment; bring your eye reports (if you have an eye condition or a history of one); and make sure you know what eye treatment drugs you're taking (if any) and in what dosage.
- For the stress test: bring your medical report if you have a heart condition. Please attend wearing comfortable shoes or trainers.
- For the gynaecological test: bring your previous reports, mammograms and breast ultrasound scans.
- For the prostate test: bring your previous reports and ultrasound scans.
- For the abdominal ultrasound: drink half a litre of water half an hour before your scheduled appointment time; limit the amount of fat, dairy, fruit and vegetables you eat the night before and on the day of the examination; if possible, fast for 4 hours.
- The check-up is estimated to take approximately 3 hours.
- Afterwards, Dr Niko Mihic will evaluate the results with you, give you the necessary explanations and answer any questions you may have.

Schedule and tests included in the medical check-up, depending on the type of medical check up, SILVER, GOLD or PLATINUM , the tests may be different.

The medical check-up process and the main tests included are set out below.

- 08:30 - PATIENT SERVICES STAFF WELCOME YOU AND YOUR MEDICAL FILE IS OPENED.
- 08:45 - YOU HAVE A BLOOD TEST AND YOUR SAMPLES ARE TAKEN.

Using your blood and urine samples, we carry out a series of laboratory tests for early detection of certain conditions or diseases that commonly affect people of your age and profile, helping to ensure the best possible prognosis and treatment.

We examine the following:

- Main blood counts (red blood cells, haemoglobin, white blood cells, sedimentation rate, reticulocytes, etc.) to check for anaemia, blood-clotting disorders, problems with the transport of iron and oxygen, infection and inflammation.
- Cholesterol and its fractions.
- Blood sugar and glycated haemoglobin levels, to rule out diabetes.
- Creatinine and BUN levels, to check kidney function.
- Levels of ions, vitamins and minerals such as iron, phosphorus, calcium and vitamin B12.
- Liver enzymes (GGT, GOT and GPT) and bilirubin, to check liver function.
- Amylase, to check for pancreatic disease.
- Protein, albumin and ferritin levels
- Levels of hormones such as TSH, T4 (thyroid), alphafoetoprotein and beta hCG. «
- Levels of tumour markers (CEA, CA 125, CA 19-9 and PSA or others depending on the patient)
- Urine analysis.

09:00 - APPOINTMENT WITH DR NIKO MIHIC

- General medical history review
- Background and habits.
- Before beginning, Dr Mihic will establish whether you have any specific concerns about your health. Together you'll identify any unhealthy habits (smoking, drinking, etc.) and talk about your exercise routine, diet, occupation, stress levels, general happiness and quality of sleep.

- **Personal medical history Review**
of your medical history and past operations, including screening tests for heart disease and cancer (especially colon, prostate, breast and gynaecological cancer).
- **Family medical history**
Review of your family's history with a focus on genetically transmissible diseases: diabetes, cancer, heart disease and cerebrovascular disease
- **Medication**
Review of frequently used or occasionally used medication.
- **Drug allergies**
You'll establish whether you have any known allergies or intolerances to any drugs.
- **Vaccination**
Recommendations about your vaccination status for tetanus, hepatitis A and B and influenza, and specific vaccines for travellers.
- **Medical history review by body system**
Questionnaire relating to your nervous system, eyes, ears, nose and throat, respiratory system, heart, vascular system, musculoskeletal system, joints, skin and metabolism.
- **Full physical examination**
Assessment of your general appearance and state of health:
 - Biometrics: Height, weight and body mass index (BMI) to determine health risks proportional to your weight.
 - Vital signs: Heart rate, blood pressure, capillary blood oxygen saturation.
 - Examination of the cardiovascular system: heart auscultation for heart sounds, heart rhythm and heartbeat regularity (detection of arrhythmias, extrasystoles, etc.) and detection of heart murmurs (heart valve disease).
 - Examination of the respiratory system: lung auscultation to detect breathing deficits and abnormal sounds. Spirometry to rule out obstructive or restrictive conditions (asthma, chronic bronchitis, etc.).
- **Abdominal examination**
Examination of the abdomen to check its soft, auscultation to listen for sounds and check peristalsis is normal, and palpation to detect masses or visceromegaly.
- **In case of males. Prostate and testicle examination** Where appropriate, the prostate and testicles will be examined to screen for abnormalities.

- **Gynaecological examination**
This is performed in the gynaecology room, and includes a breast and pelvic examination and ultrasound and a vaginal smear to screen for cervical cancer.
- **Examination of the central and peripheral nervous system:**
 - Assessment of cranial nerves.
 - Nystagmus test and Romberg test to assess the balance system and cerebellar functions.
 - Assessment of gait and lateralization to check for signs of potential brain injury.
 - Assessment of motor coordination, strength and reflexes to detect potential brain injury.
- **Examination of the locomotor system**
 - Spine and ligaments: checks for mechanical defects or deformities
 - Limbs: checks for deformities and limitations, and mobility assessment.
- **Head and neck**
Examination of the pharynx, lymph nodes, trachea and thyroid.
- **Eye examination**
Assessment of eye shape, pupil contractility, anisocoria, light reflexes, accommodation, visual field and fundus, and Snellen sight test.
- **Ear, nose and throat examination:**
 - Otoscopy, inspection of ear canals, light reflex of the tympanic membrane, and hearing, Weber and Rinne tests.
 - Audiometry.
- **Skin examination**
Inspection for suspected malignant lesions.

09:30 - DIAGNOSTIC IMAGING TESTS

- Low-dose chest CT scan. The low-dose non-contrast chest CT scanner is used for early detection of lung problems, its findings ranging from signs of infection and emphysema to lumps indicative of disease or cancer.
- Doppler ultrasound of supra-aortic trunks. This is a neck ultrasound used to screen for plaque or abnormalities in the blood vessels of the neck, a risk factor for cerebrovascular disease.
- Abdominal ultrasound to obtain images of the abdominal organs: liver, gallbladder, bile ducts, abdominal blood vessels, pancreas, kidneys, spleen and bladder.
- Prostate ultrasound (men). To assess the size and characteristics of the gland and rule out prostate cancer
- Bilateral mammogram (women). To rule out breast cancer and other breast conditions.

- **10:45 - CARDIOLOGY APPOINTMENT**

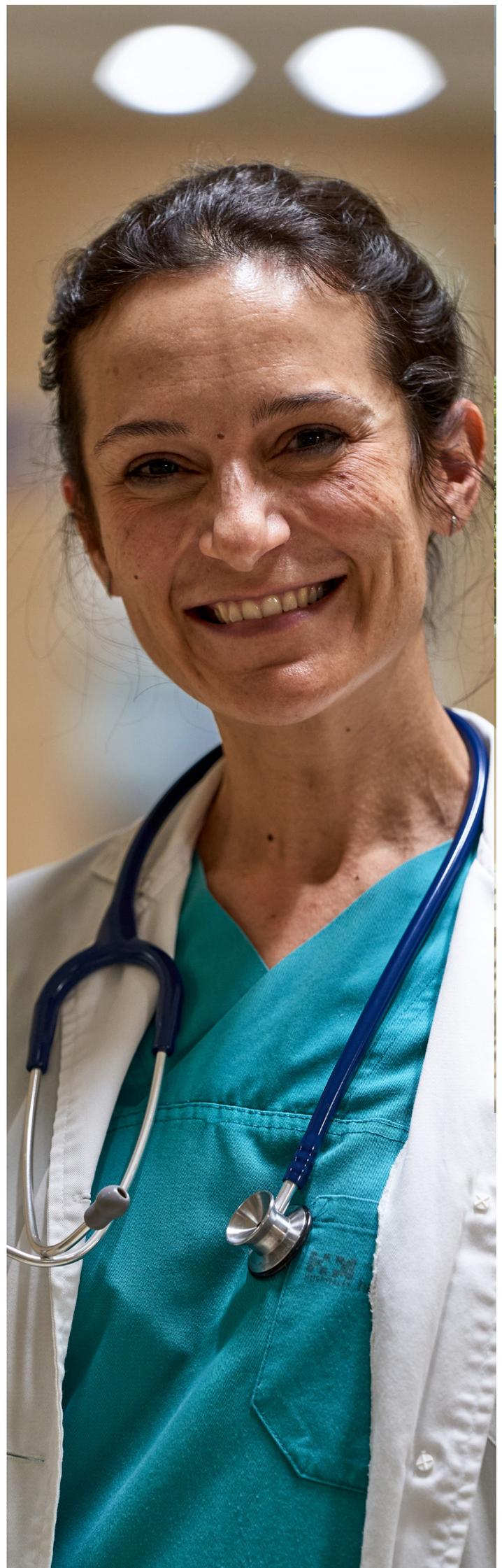
Tests will be carried out to assess heart structure and function and to rule out conditions such as coronary heart disease, risk of heart attack, hypertension and exercise hypertension, valve disease and abnormalities in the size or flow of the main blood vessels.

- Medical history review.
- Detection of cardiovascular risk factors.
- Heart auscultation and examination of the vascular system.
- Basal electrocardiogram.
- Echocardiogram.
- Exercise stress test.

- **11:30 - GYNAECOLOGY APPOINTMENT (WOMEN)**

- Review of personal and family medical history.
- Gynaecological examination.
- Breast examination.
- Vaginal smear.
- Gynaecological ultrasound.

- **12:30 - DISCHARGED**





3

Additional Information: Parking Data Protection Q&As

- Parking

- Hospital Universitario HM Sanchinarro offers free, on-site parking during your visit.
- Take the entrance ticket and get it validated inside the hospital by the staff in charge of your check-up.
- For more information, please visit the HM Group's website at www.hmhospitales.com



- Data Protection

- Personal and health data collected during the executive medical check-up will be subject to the provisions of Law 15/1999, of 13 December, on the Protection of Personal Data. As the data holders and controllers, staff at Hospital Universitario HM Sanchinarro will inform you in advance about the rights and obligations laid down in said Law. You can exercise your rights of access, rectification, erasure or objection at any time by writing to the HM Hospitales Group at the following address: Plaza del Conde del Valle de Súchil, 2 - 28015 Madrid.
- Or to Fraterprevención's External Occupational Health and Safety Department at the following address: Paseo de la Habana, 136 28036 Madrid.

Q&As

What specialties are covered by the medical check-up at the Personalized Early Prevention Unit of Hospital Universitario HM Sanchinarro?

Internal medicine, urology, gynaecology, ophthalmology, otorhinolaryngology, radiology, clinical analysis and cardiology.

Why are these specialties included?

This medical check-up service has been designed in such a way as to detect and prevent the conditions most commonly found in middle-aged professionals, determine the state of your general and occupational health, and provide personalized follow-ups and advice.

Why is the medical check-up carried out by two medical entities?

The general health check-up does not include the identification and assessment of occupational health, and therefore Fraterprevención will take care of the occupational health part.

- What do the HM Hospitales Group and Fraterprevención have to offer?

The Senior Management Team Check-Up is offered exclusively by Hospital Universitario HM Sanchinarro, part of the HM Hospitales Group, a leader in the health and healthcare sectors with 30 years of experience, 7 centres in the Community of Madrid, and a total medical workforce of over 4,500 professionals, who take care of more than 500,000 patients a year.

Is the service offered by the Personalized Early Detection Unit of HM Sanchinarro convenient?

All the medical tests are carried out in one day, and are estimated to last 3 hours in total. You'll need to go to the different specialist rooms inside the hospital buildings, and there is a chance you'll have to wait to be seen by the doctor if there is a patient before you. You should attend wearing comfortable clothes, because you'll be walking around inside the hospital (hospital scrubs and footwear are not provided).

Is confidentiality guaranteed?

As well as guaranteeing the confidentiality inherent in the patient-doctor relationship, HM Hospitales and Fraterprevención take measures

to ensure your privacy at all times. Specifically, when walking around the hospital, you'll be accompanied at all times by Patient Services staff.

Is this a worthwhile investment?

The doctors at Hospital Universitario HM Sanchinarro and in Fraterprevención's External Occupational Health and Safety Department provide a very comprehensive health and well-being service that meaningfully contributes to an improvement in quality of life.

What should I do in the event of an emergency?

This is not a 24-hour emergency service, but rather a medical advice and health monitoring service. In the event of a health emergency, always call 112 or, where applicable, the emergency department of your private medical company.



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