

**Anlage: Leistungsübersicht****SAP Manager Program Germany*****Basic program / (Monday to Friday, time slots by individual appointment)***

Preliminary meeting, basic examination, and final consultation to professionally assess the state of health and implement the knowledge gained. This check-up service can be used by SAP employees at all of Sana Gesundheit GmbH's locations across Germany (Karlsruhe, Hamburg, Berlin, Düsseldorf, Offenbach).

- Evaluation of the medical questionnaire and initial discussion with the personal physician, a specialist in internal medicine
- Thorough physical examination and skin cancer screening
- Body composition analysis
- Detailed final consultation with the physician with when needed actionable advice on possible health improvements
- written intelligible final report (German)

**Heart, circulatory system, lungs**

- Color Doppler echocardiography of the heart
- ECG at rest
- Lung function at rest (spirometry)
- Lung function test and ECG during exercise (spiroergometry)

**Abdomen, bowel, internal organs**

- Ultrasound diagnostics (sonography) of the abdominal organs
- Ultrasound diagnostics (sonography) of the thyroid gland
- For men: examination of the rectum and prostate gland

**Vascular system**

- Circulation test of the arteries supplying the brain (high resolution color doppler sonography)
- Pulse wave velocity evaluation

**Laboratory**

- Blood tests (erythrocyte sedimentation rate, full red and white blood count including leucocyte differentiation, total cholesterol, HDL cholesterol, LDL cholesterol, triglycerides, GO transaminase, GP transaminase, Gamma GT, alkaline phosphatase, cholinesterase, amylase, acid phosphatase, iron, sodium, potassium, calcium, magnesium, uric acid, creatinine, urea, total protein and serum electrophoresis, coagulation test, HbA1c , fasting blood glucose, basal Insuline, CRP)
- Septin 9 blood test for early detection of bowel cancer)
- Urine Analysis (leucocyte, nitrite, pH, protein, glucose, ketones, urobilinogen, bilirubin, haemoglobin)

**Eyes and ears**

- Vision test examining different functions (visual acuity, phoria, stereopsis, fusion, colour blindness)
- Perimetry
- Non-Contact-Measurement of the intra-ocular pressure (Glaucoma Screening)
- Hearing test (audiometry)



**Non-medical**

- Breakfast based on individual choices
- Zur Beurteilung der psycho-mentalen Belastung bzw. Burn-out-Gefährdung der Führungskräfte findet bei Sana Gesundheit GmbH im Rahmen des eintägigen Check-ups zusätzlich eine individuelle Stressanalyse und Beratung in Kooperation mit Prof. Fischer/Universität Heidelberg statt.