

Check-ups for a Personalized Prevention

Ensure productivity –
show appreciation



Shaping Health instead of Financing Disease

Hardly any company can afford to have well-established managers and specialists absent for long periods due to illness.

Health is a decisive factor for the competitiveness of companies. According to expert estimates, the value added lost in Germany due to absences caused by illness or accidents alone amounts to more than 144 billion euros per year. In addition, experts estimate that twice as much value is lost as a result of employees who show up for work despite illness, are unable to perform at their best, and are ultimately absent for even longer. In an economic environment characterized by innovation and digitalization, the demands are becoming higher and higher. Hardly any company can afford to have well-established managers and specialists absent for long

periods due to illness. Regular check-ups help maintain and promote the health of your employees. There is also an increased sense of loyalty to the company. Those who show their appreciation for employees through company-funded preventive health care have clear advantages when it comes to recruiting talent and keeping top performers in the company. Individual prevention is therefore an investment that pays off twice.

ias PREVENT

The focus of our work is always the individual person. We therefore combine a comprehensive check-up at the highest medical specialized and technical level with a varied range of additional services and modules.

With more than 40 years of experience and seven locations nationwide, ias PREVENT is one of the pioneers of preventive health care in Germany. We see ourselves as a specialized, independent company - our services are exclusively for preventive health care and are not connected to any interests of a medical office or clinic. The focus of our work is always the individual person. We therefore combine a comprehensive check-up at the highest medical specialized and technical level with a varied range of additional services and modules. Depending on the medical history, we can

compose a check-up precisely tailored to the individual requirements of your employees. However, human interaction in a personal conversation is at least as important to us as technical expertise. At ias PREVENT, each beneficiary is supervised from start to finish by a single physician who spends a lot of time taking the patient's medical history and conducting consultations, puts together all the results of the examinations to form a holistic picture and gives concrete advice on how to maintain productivity as well as a healthy lifestyle.

144 billion

in lost gross value added per year

700.6 million

days of incapacity to work per year

Source: Federal Institute for Occupational Safety and Health, 2020

The ias PREVENT Check-ups

The ias PREVENT check-up aims to prevent diseases from occurring in the first place. We dedicate a lot of time to this - from a detailed initial consultation with an experienced specialist in internal medicine, to an all-round diagnostic examination using the latest medical technology, to an equally detailed medical consultation. Each of our examination programs includes all the services of the Check-up **Classic**. **Classic+** and **Classic++** additionally expand the scope of examinations in areas that most frequently lead to days of absence. In the Classic+, this is the examination of the spine using MediMouse®, through

which we can assess the status of the back and develop appropriate individual exercises. The Classic++ also includes 30 minutes of online health coaching, the digital package, which helps you implement your recommendations for action optimally and consistently with supplementary digital services, as well as individual items from the entire range of additional services. Custom fit according to your needs. Of course, each check-up can be individualized with further additional services and modules from the overview provided on the following pages.



Additional Services and Modules

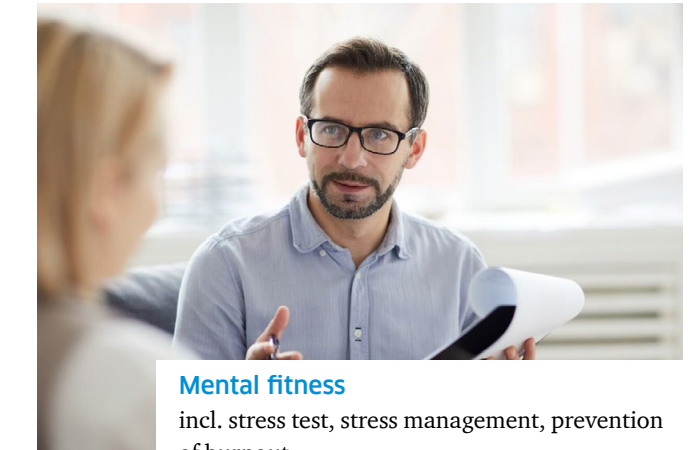
We offer a wide range of additional services beyond the comprehensive Check-up Classic. They enable you to address your individual requirements or to tailor your exam based on the results of your initial consultation. For the particularly important areas of back health and mental health, we offer additional modules in which the relevant examinations are bundled. All additional services and modules (except for the Systemic Coaching and Follow-

Up modules) can usually be performed on the day of the check-up, eliminating the need for another visit. Your employer often sets up a budget for additional services, but you can also pay for the services privately.

Detailed information on our additional services and modules can be found on the following pages.



Antiaging and epigenetics
incl. assessment of biological age, gender-specific advice, osteoporosis check



Mental fitness
incl. stress test, stress management, prevention of burnout

Check-up Classic

Initial interview, examination
Detailed medical history about pre-existing conditions, environment, lifestyle. Physical examination.

Heart, circulation, lungs
Resting and stress ECG. Ultrasound examination of the heart. Pulmonary function testing. Oxygen saturation.

Sports medicine
Stress ECG with respiratory gas analysis. Determination of individual fitness. Customized training recommendations.

Internal organs
Ultrasound examination of the thyroid gland, internal abdominal organs and the prostate gland in men.

Blood vessels
Ultrasound examination of carotid arteries, aorta and iliac arteries including Color Doppler ultrasound.

Eyes and ears
Visual acuity in the near and far range. Color sense test. Binocular vision. Intraocular pressure. Listening test

Laboratory examination
Comprehensive examination of blood (including determination of vitamin D levels), urine and stool on more than 24 parameters.

Life stage and gender sensitive counseling, visit report
Understandable explanation of all findings. Individualized advice on risk profile, lifestyle, diet and exercise. This is followed by a confidential, detailed visit report sent to the client's home address.

Check-up Classic +

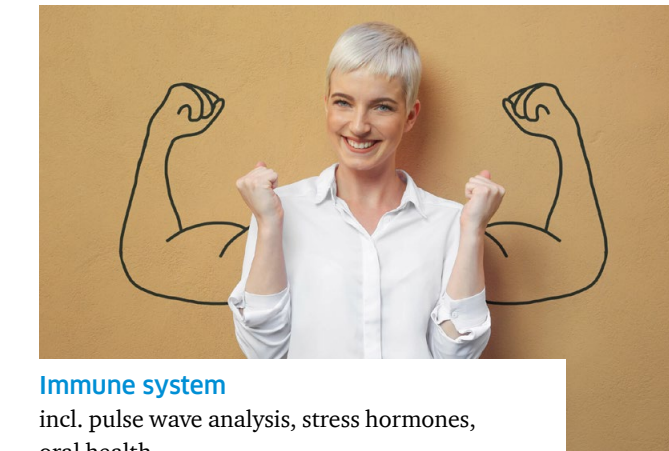
Additional service Spine check
Radiation-free measurement using MediMouse® to detect imbalances and develop targeted training plans.

Check-up Classic ++

Additional service Online health coaching (30 min)
Reaching your goal in good health with your personal consultant.

Additional service Digital package
Exercise, nutrition or relaxation – the optimal and sustainable implementation of the practical recommendations from your check-up can be supported by the supplementary digital services of the ias-Group.

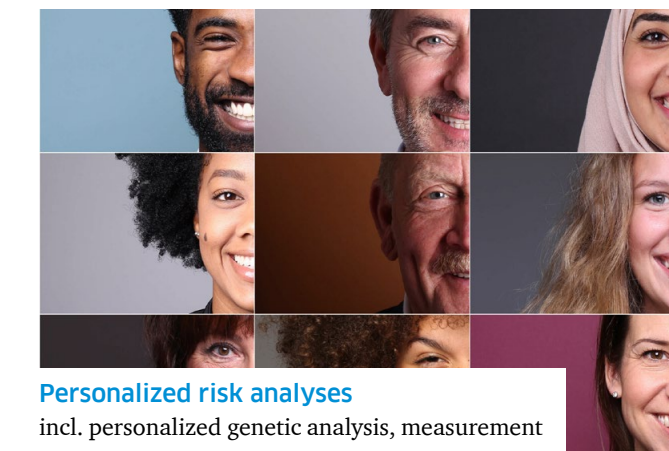
Individual items from the entire range of additional services



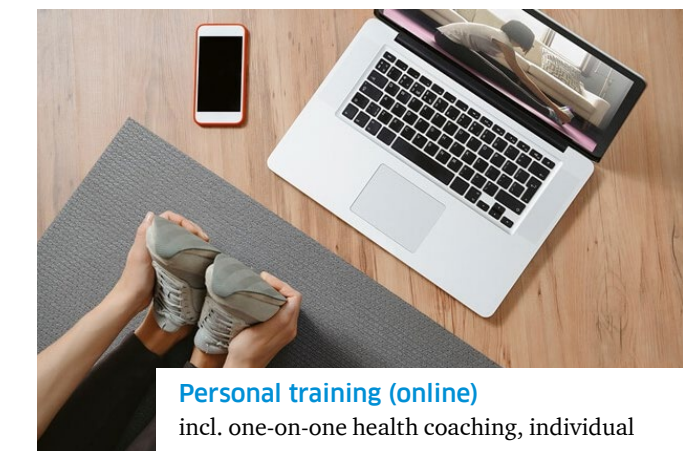
Immune system
incl. pulse wave analysis, stress hormones, oral health



Different stages of life
incl. men's health, women's health, sex hormones



Personalized risk analyses
incl. personalized genetic analysis, measurement of basal metabolic rate, exercise



Personal training (online)
incl. one-on-one health coaching, individual training plans, nutritional counseling

Our Additional Services and Modules in Detail

Additional services:



Stress test: identify risks at work

The AVEM test (test to measure work-related behavior and experience patterns) determines how individuals cope with their work-related stress. This means risks can be detected in a timely fashion and corrective measures and actions introduced..



Stress management: measure and improve stress tolerance

This test records the stressful situation and the heart rate fluctuations as a measure of the ability to cope with stress, so that tolerance to stress can then be improved using biofeedback exercises.



Stress hormones: detect warning signs early

Hormones such as cortisol and DHEA play an important role in managing stress. Their measurement provides key information on an individual's stress tolerance.



Mental performance: how mentally fit are you?

In this test (DemTect), the mental performance (memory) of individuals over 40 is determined systematically using five individual tasks.



Mouth health: gum disease (med. "periodontal disease") is widespread and often underestimated

The warning signs of periodontitis (gum disease) can be present even when an individual has no symptoms in the oral cavity. PerioSafe uses a modern biomarker procedure to detect this serious disease in its early stages.



Individual genetic analysis: Recognizing health risks – taking advantage of opportunities at an early stage.

The scientifically based genetic analysis combined with your personalized check-up helps to optimize your lifestyle and stay healthy for longer.



epiAge Test: assessment of biological age based on DNA methylation

Determining biological age through DNA methylation: Biological age is an important pointer on your way to a long and healthy life. Discover your true age and regain control over your age.



Pulse wave analysis test: how young are your vessels?

Atherosclerosis, or „hardening of the arteries“, increases the risk of kidney damage, a heart attack or a stroke. Pulse wave analysis test determines the vascular age and helps to prevent these diseases in good time.

Additional services:



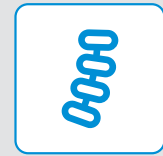
Measurement of basal metabolic rate: a foundation for healthy weight

To achieve your ideal weight, it is important to know the minimum number of calories that your body needs. The measurement of the basal metabolic rate determines these values using breath gas analysis.



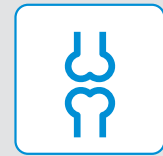
Nutrition therapy: achieve your health goals with the right nutrition.

Over the course of several appointments (either in person or online), you will receive personalized counseling tailored to your health goals. This service is supported by the statutory health insurance funds.



Spinal column check: prevent back problems

This examination analyzes the spine without radiation using the MediMouse®, detecting the causes of painful imbalances, thereby facilitating the development of corrective training plans tailored to individual needs.



Functional Movement Screening: the all-around mobility test

This check assesses mobility, stability and movement patterns to detect imbalances and any limited range of motion. A personalized program of corrective exercises is then created on the basis of these test results.



Osteoporosis check: early detection without radiation

The OsteoTest makes it easy to detect bone loss so that preventive measures can be initiated in good time. Many bone fractures caused by osteoporosis could be avoided with proper prevention.



Sex hormones: check hormonal control processes

This test determines an individual range of sex hormones, so that any issues can be treated at an early stage. In men, the PSA value can also be measured as part of early cancer screening..



Our digital package: make your Check-up even more sustainable

Exercise, nutrition or relaxation – the optimal and sustainable implementation of the practical recommendations from your check-up can be supported by the supplementary digital services of the ias-Gruppe.



Health coaching (also online)

Enjoy the feeling of being well advised and receiving support from a professional with one-on-one assistance about exercise, nutrition and stress management.



Module

Mental health

The complete package to manage stress

What is perceived as stress varies greatly from person to person. Whilst one individual may be quickly overwhelmed by unfamiliar tasks, another will experience repetitive work as unbearably monotonous. The mental health module combines the individual services stress test, stress management and stress hormones, producing an overall picture of an individual's stress risks.



Module

Gender-Sensitive Prevention

A little difference with a big effect

Women and men get sick and recover differently. This module combines gender-specific exams focusing on cardiovascular diseases, the immune system, stress management and specific diseases. These include osteoporosis tests (OsteoTest), hormone status testing, gender-specific counseling and oral health (PerioSafe).



Module

Systemic coaching (online)

Active stress prevention and stress management

When warning signs of high stress levels are found during a test or examination, systemic coaching can help with both stress prevention and management. Individual targets and objectives are defined together with the certified systemic coach. These could be strengthening self-management skills, supporting personal development or solving problems.



Module

Follow-up

Information and training between check-ups

There is often a great deal of interest between check-up appointments as to how successful the personalized training and a change in lifestyle have been. The follow-up module determines the current proportion of fat and muscle mass. Additional individual services can also provide information on the success of the training program. Training plans and coaching are adjusted on this basis.



Module

Back health

The complete package to manage your back

Nowadays physical work is no longer the only common cause of musculoskeletal disorders. Long periods spent sitting in front of a screen can result in painful muscle tension. The back health module combines the individual services of the spinal column check and the functional movement screening to analyze back problems and mobility disorders in greater depth, providing the corresponding advice on exercise on the basis of these test results.



We Are Here for You

When supporting our corporate customers, we also rely on individual, continuous contact.

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