

DÜSSELDORF · PRIVATE MEDICAL PRACTICE

Check-up Essential

Personal. Individual. Medically indicated.

Core cardiac diagnostics with heart and vascular ultrasound, ECG and laboratory tests for privately insured and self-paying patients.



Kardiologie Nixdorff

**Prof. Dr. med.
Uwe Nixdorff**

Internal medicine
Cardiology
Sports medicine

Private medical practice
Düsseldorf

Personal cardiology care in Düsseldorf.

Duration

Approx. 3 hours

Laboratory

Basic

Imaging

Ultrasound

Private medical service · Costs and reimbursement should be clarified in advance.

Key examinations · Your day · Complete scope

01 · AT A GLANCE

Key Benefits

What distinguishes Check-up Essential. Your medical consultation and a clear written report complete the programme.



Heart ultrasound

Doppler echocardiography to assess heart function and valves. Also included: cardiography with medical interpretation. Using Philips EPIQ.



Vascular & thyroid ultrasound

Carotid duplex ultrasound and thyroid ultrasound. Using Philips EPIQ.



Resting & exercise ECG

12-lead resting ECG and exercise testing.



Lung function

Lung function testing as part of the cardiovascular assessment.



Screening laboratory tests

Blood count, glucose, blood lipids, organ and metabolic markers.



Pulse wave analysis & ABI

Arterial assessment including the ankle-brachial index.

The overall examination time is approximately 3 hours. Appointments follow the medical indication and GOÄ billing requirements; several visits or specific intervals may be needed.

Individual cardiac diagnostics according to medical indication and GOÄ billing. Appointments may span several days. Reimbursement depends on your insurance policy. Statutory health insurers do not reimburse these services.

IMPORTANT INFORMATION

GOÄ billing & reimbursement

Our cardiology check-ups are billed under the German medical fee schedule (GOÄ), tailored to each patient following individual medical indication.

If your Essential check-up identifies abnormal findings, further examinations may be indicated. Your treating doctor will discuss these with you individually.

Medically indicated physician services are generally eligible for reimbursement by private health insurance, depending on your policy. The policy terms and your insurer's benefit decision determine reimbursement. Statutory health insurers do not reimburse these private-practice services.

Please note: the additional whole-body MRI in the Professional check-up is offered exclusively as a separately billed self-pay service. Private health insurance reimbursement is not envisaged for this service.

The overall examination time is approximately 3 hours for Essential and 5 hours for Professional. Appointments follow your medical situation and billing requirements; several visits may be needed.

Would you prefer all services in your agreed EPC package in one day, with your own private lounge? EPC bills under the clinic-status model, with reference to GOÄ, as a package price plus 19% VAT. EPC package costs are not reimbursable by statutory or private health insurers.

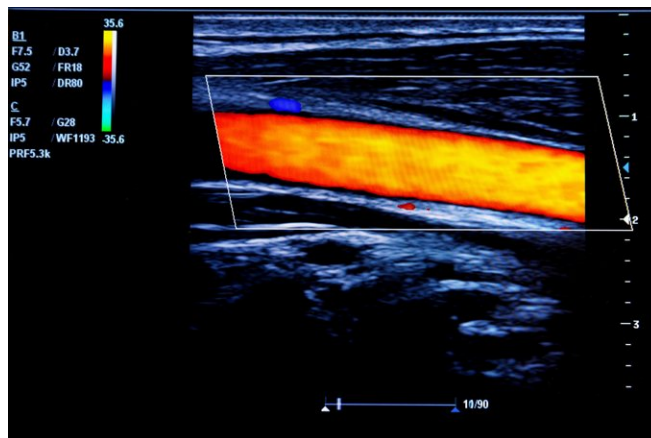
[Explore EPC packages](#)

A CLOSER LOOK

A look at your examinations



Heart ultrasound with Philips EPIQ.



Carotid duplex ultrasound with Philips EPIQ.

Anthropometry · seca mBCA Ultra

We assess body composition with the seca mBCA Ultra using eight-point bioimpedance analysis. Skeletal muscle mass measurement is validated against whole-body MRI; fat mass uses the four-compartment model as its reference. Fat, muscle and water compartments are interpreted alongside your other findings.

Skeletal muscle mass

Validated against whole-body MRI

Fat mass

Reference: four-compartment model

Image sources: EPC's published programme materials.

02 · YOUR VISIT

Your examination schedule

The examination stages are planned individually and may require several appointments.

01 / Arrive & get acquainted

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|-----------|---------------------------------------|---|
| 01 | Arrive & settle in | Our practice team welcomes you and explains the planned examinations. The visit follows your selected check-up and medical questions. |
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| 02 | Medical history & examination | We discuss symptoms, previous illnesses, family risks, medication and lifestyle. A physical examination, risk-factor assessment and measurement of body composition follow. |
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| 03 | Body composition with seca mBCA Ultra | We assess body composition with the seca mBCA Ultra using eight-point bioimpedance analysis. Skeletal muscle mass measurement is validated against whole-body MRI; fat mass uses the four-compartment model as its reference. Fat, muscle and water compartments are interpreted alongside your other findings. |

02 / Diagnostics & exercise capacity

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|-----------|-------------------------------|--|
| 04 | Laboratory tests & metabolism | The screening laboratory assessment covers the blood, organ and metabolic markers listed in your package. The complete service list specifies further samples and any age-related or medical conditions. |
| <hr/> | | |
| 05 | Cardiography | Cardiography records the heart's electrical signals in three dimensions. The algorithm-assisted analysis is interpreted by your physician together with your other findings. |

06 Heart & exercise capacity

The cardiovascular assessment includes resting ECG, exercise testing and lung function.

03 / Imaging & further examinations

07 Imaging & further examinations

The heart, carotid arteries and thyroid are examined by ultrasound. Pulse wave analysis with the ankle–brachial index completes the vascular assessment.

04 / Findings & personal advice

08 Understand the findings & plan next steps

At the final consultation, we explain the available results and discuss personal recommendations for everyday life. More complex laboratory analyses may follow later. You receive a clear written report and your examination records. Our team remains available for follow-up questions.

This overview is a guide, not a fixed one-day schedule. Examinations and intervals are planned individually; some services may take place on different days.

03 · COMPLETE SCOPE

All examinations in detail

The complete examination list for Check-up Essential. Medical conditions and age-related requirements are stated alongside the relevant tests.

Medical history & physical examination

- Current detailed anamnesis and previous history – As part of the anamnesis:
- Detailed physical examination
- Risk factor analysis (PROCAM score)
- Anthropometry incl. bioimpedance analysis measurements
- Calculation of the Body Mass Index (BMI)
- Calculation of waist and hip circumference [waist-to-hip ratio (WHR), waist-to-height ratio (WHtR)]
- Body composition (fat, water, biomass).
- Oxygen saturation (pulse oximetry)
- For nicotine dependence: question inventory on physical nicotine dependence as a basis for smoking cessation (Fagerström test)
- We assess body composition with the seca mBCA Ultra using eight-point bioimpedance analysis. Skeletal muscle mass measurement is validated against whole-body MRI; fat mass uses the four-compartment model as its reference. Fat, muscle and water compartments are interpreted alongside your other findings.

Laboratory tests

- Blood count: Complete blood count including white-cell differential.
- Glucose and lipid metabolism: Fasting glucose, HbA1c, insulin and calculated HOMA index; total, HDL and LDL cholesterol, plus triglycerides.
- Electrolytes: Calcium, chloride, potassium, sodium and magnesium.
- Liver, gall bladder, pancreas and muscle markers: Gamma-GT, AST, ALT, LDH, total bilirubin, lipase, amylase, alkaline phosphatase, cholinesterase and CK.
- Kidney function: Creatinine, urea and uric acid.
- Protein profile: Total protein and serum protein electrophoresis.

- Coagulation: Quick/INR, aPTT and fibrinogen.
- Additional markers: Ferritin, basal TSH and quantitative CRP.
- Men's profile: Additional PSA following individual discussion and medical indication.

Organ & vascular imaging

- Echocardiography incl. tissue Doppler
- Duplex sonography of the carotid arteries incl. age- and gender-adjusted intima-media thickness measurement
- Sonography of the thyroid gland

Cardiovascular & functional assessment

- 12-lead ECG / resting ECG
- Lung function
- Pulse wave analysis incl. determination of the ABI index (ankle-brachial index)
- Ergometry
- Cardisiography (Cardisio): Cardisiography records the heart's electrical signals in three dimensions. The algorithm-assisted analysis is interpreted by your physician together with your other findings.

Final consultation & report

- Detailed final discussion, illustration and interpretation of all imaging findings
- Lifestyle advice, tailored to individual findings
- Written, generally understandable final report