Your free annual health check

The **health check** is a free medical checkup in Austria. It serves to **detect diseases at an early stage** and identify health risk factors—before symptoms appear. Anyone **aged 18 or over** who is resident in Austria can take advantage of the health check **once per calendar year**.

The objectives of the free health check are:

- Detect diseases at an early stage

- Identify risk factors (e.g., blood pressure, diabetes risk)

- Receive individual health advice and lifestyle recommendations

Who can take the free health check?

- All persons aged 18 and over

- Residing in Austria

- Once per year (every 365 days)

What should I bring with me?

- E-card

If you do not have an e-card:
Request a "replacement e-card for non-insured persons -E-Card Ersatzbeleg" from the Austrian Health Insurance Fund.

What happens during the health check?

- Laboratory tests of blood and urine

- Stool test for those aged 50 and over

- Physical examination

- Consultation with a doctor to discuss the results

How does the health check work?

The health check consists of two appointments:

- One appointment to provide a blood/urine sample – <u>please come on an empty stomach</u>

- One appointment for a medical examination and to discuss the results

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