



| Health check-up

You can only stay healthy if you know you are already healthy

You don't take chances with your health: you make sure you get enough exercise and you eat the right things. Unfortunately, plenty of factors, like stress at work, constantly threaten to ruin your plans. To ensure your lifestyle stays in step with your health you go for a health check-up every year to the Medical Examination Centre.

Work-life balance

We challenge you to do a little test. How often during the past few weeks have you been tempted to skip your usual healthy meal for a hamburger, for example? And how often have you stayed at work a little longer, when you could have been participating in your favourite sport? No, we're not trying to make you feel guilty, we're just trying to impress on you that a good work-life balance is essential for a healthy lifestyle.

A healthy outlook

Eating less fatty foods, getting enough exercise and plenty of sleep all help to keep you healthy. A periodic health check-up is also very useful because you can only stay healthy if you know you are already healthy.

This is why you go at least once a year to KLM Health Services for a health check-up. It gives you the peace of mind of knowing that any health problems will be spotted in good time and that you'll be told immediately what to do. Having a periodic health check-up gives you a healthy outlook.

Fast and accurate

Speed and accuracy are guaranteed; you will receive your examination results immediately. And because we have our own laboratory there, if your examination is carried out at our Schiphol-Oost branch we can even give you the results of blood and urine tests straight away too.

| ...for a healthy return



The medical examination

1. Laboratory performed blood and urine tests, certified in accordance with the institution for monitoring the quality of hospital laboratories
2. An eye test, hearing test, a lung function test and an electrocardiograph examination
3. A visit to the doctor to discuss your history, based on your answers to a questionnaire and a physical examination
4. A possible physical exertion test with a bicycle ergonometer, to get a better picture of your physical condition
5. A check for psychological complaints and stress resistance
6. A consultation on the results and the relevant advice

Personal report and advice

KLM Health Services will send the written results of your examination and the relevant advice to the address that you provide. They will accompany an overview of all defined biometrical values and – if required – a letter for your family doctor with the basic values, should he need them later.

Appointment

If you want to make an appointment, or if you want specific information about our examinations, just get in touch with one of our branches. You'll find us at Schiphol-Oost and Schiphol-Centrum, and in Amsterdam, Hilversum, The Hague and Rotterdam. You will also find our contact details overleaf. You can, of course, also visit our website: www.klmhealthservices.nl.



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