



CHECKED  
HEALTHAHOLIC  
CERTIFIED



Health  
Screeners  
Center

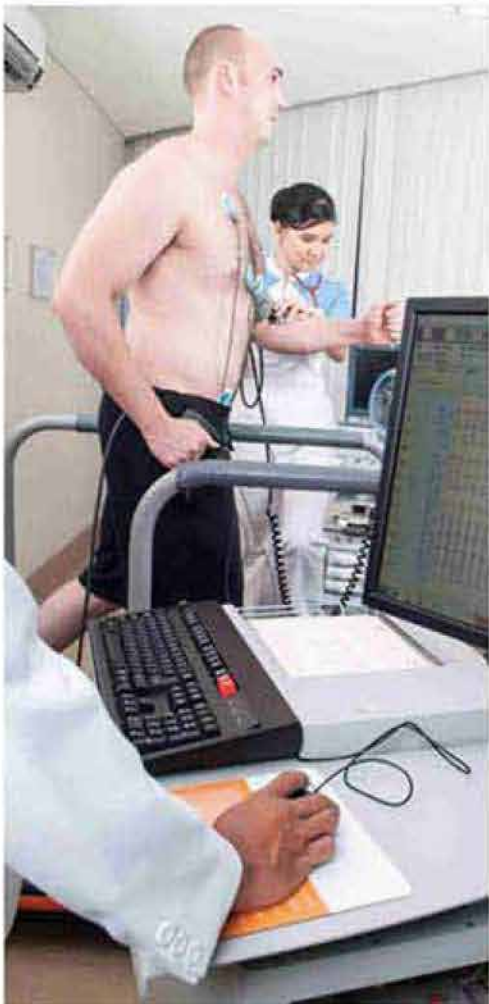
## How to get the most out of your Medikaloka Corporate Health Screening (Medical Checkup)

In choosing a Medikaloka health screening you are taking an important step towards safeguarding your future health and well being. This checklist will ensure that you are fully prepared for your Medikaloka health screening. Please take a few moments to read it through and don't hesitate to contact us if you have any queries.

You can arrange your health screening appointment by calling  
021 5799 1055 (Monday to Friday 8am - 5pm, Saturday 8am - 1pm)

We look forward to welcoming you to our Personal Health Management Center and we will do everything we can to ensure that you are able to relax and enjoy the time that you are devoting specifically to your health.







# UNDERSTANDING YOUR HEALTH SCREENING

Below are some of the key areas we look at in your screening to determine your current health status. Then a personalized preventive and rehabilitative program can be implemented to meet your personal goals and lifestyle needs.



✓ **Check Eyesight and Hearing**

✓ **Check Oral Health**

A thorough dental check is necessary for the maintenance of your oral health. The check includes the examination of the denture fitness, the condition of the filled teeth, etc. In case of any oral problem, the dentist can treat it promptly. This screening can be included in your screening package.

✓ **Check Posture**

Back pain is very common, but how you treat your back can determine whether you will have to live with it long-term. We will assess your posture and help you make positive changes to your work and home routine to avoid back pain.

✓ **Check Cardiovascular Health**

A healthy heart is essential for your overall health, and this depends a lot on the way you live. Regular exercise and healthy eating are significant factors in combating high blood pressure and high cholesterol, both of which can contribute to heart disease. We check your heart when you are at rest and exercising to give you a thorough assessment of its health.

✓ **Check Body Composition Analysis**

Height and weight measurements are taken to calculate Body Mass Index (BMI). The ratio of height to waist and percentage of body fat are also determined. A new metabolic rate test is now also included, so you understand how many calories you can intake daily. A health advisor then uses these combined results to give each individual personalized lifestyle and nutrition tips.

✓ **Check Diabetes**

Over half a million people have diabetes without knowing it. With a simple blood test and urine analysis, we can diagnose diabetes and help you manage glucose levels through exercise, nutrition and other lifestyle changes.

✓ **Check Cholesterol**

Your heart is your body's most vital organ, so make it healthier with a few simple changes. Our simple blood test will assess your cholesterol levels and help you improve your diet and fitness.

✓ **Check Blood**

In addition to testing for cholesterol and diabetes, a full blood test will look for anaemia and the ability to fight infection; kidney and liver function; calcium and protein levels; as well as thyroid (female) and prostate (male) for the over 50's. All to give you complete peace of mind so that you have a full picture of your current health.

# PREPARING FOR YOUR HEALTH SCREENING

## Before your appointment: Plan Ahead

Please check that the location, date, time and type of screening (medical checkup) on your appointment confirmation are correct.

Note that your screening could take about 3-4 hours depending on the type of screening.

### **Your Health Risk Questionnaire**

If you are a corporate client please complete and submit to your HR officer in charge the health risk questionnaire enclosed at least 48 hours prior to your screening day. This form is the basis for your discussion with the Medikaloka doctor, and the information you provide will help us to understand and address your individual health needs.

### **Stop! Drink Water Only**

Minimum fasting of 10 hours is required before health screening if your test include glucose, cholesterol, and triglyceride checks. No food or beverages are allowed during the fast, except for plain water.

### **Medicines**

Please take your medications before you start fasting and after your screening.

### **Cervical Smear Test (For Women)**

This is best carried out in the middle of your cycle. If you are likely to be having your period at the time of your screening, it won't be possible for us to carry out your pelvic examination, and cervical smear. If this is likely to be the case, please call us for advice on 021-526 1118.

### **Rescheduling or Cancelling Your Appointment**

If you need to change or cancel your booking, please do so up to 24 hours before the time of your appointment. Charges may apply if you fail to attend on the day.

If your appointment is being paid for by your company/ employer or has been pre-paid, different terms may apply.





## On the Day of Your Visit to Us

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If you have not already completed and submitted your questionnaire, please ensure that you bring your completed questionnaire with you to your appointment.

Please remember to bring along any previous health screening reports and x-rays, your most recent mammogram films (if available), your medications and your normal glasses or contact lenses.

Please try to arrive in good time for your appointment. If you are delayed we will do our best to fit you in but you may have to wait, or some tests may be omitted.

### **Chest X-ray**

This test is a must for anyone living in Indonesia. We currently ranked number three in TB patients in the world. If left untreated, active TB can be life threatening. There are no risks associated with a chest X-ray, as the exposure to radiation is very low. X-rays are not recommended for pregnant women during their first six months of pregnancy.

### **Collecting Your Urine Sample**

Your urine specimen should be a "mid-stream sample" - that is, do not collect urine at the initial and terminal phase of urination.

### **For Ladies - Pap Smear, Urine and Stool Tests**

These tests should be done 5 days after the last day of menstruation. If you are menstruating on the day of your appointment, please inform our nurses on arrival. You will not be able to do your urine, stool and Pap smear tests because the presence of blood in these tests would produce inaccurate results.

### **Glasses and Contact Lenses**

We will be checking your vision, so don't put on your contact lenses on the checkup day.



### **What to Wear**

Please wear or bring along suitable clothes - such as a loose top, tracksuit or shorts, and running shoes for your treadmill test.

### **Accompanying Guests**

You are welcome to bring a companion during a your visit if you have special needs or if you have limited sight or hearing. The clinic is accessible by wheelchair.

### **Children**

We request that you do not bring children on your appointment.

## Arriving

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When you arrive for your appointment you'll be welcomed by our patient relations offers who will help you with registration and introducing you to the screening team.

## DON'T FORGET TO BRING:

- Please bring along :
- Your company authorization/ guarantee letter & staff pass, where applicable.
- KTP/ SIM/ Passport/ Work Permit.
- Your completed health risk questionnaire
- Your stool specimen (if applicable) using the container provided by your HR

# YOUR PERSONAL HEALTH EVALUATION REPORT

You will receive a detailed report that includes a personal health status and a general health risk analysis. Depending on the type of your health screening, your report will include a Body Composition and Cardiac Health Analysis. Combined, these analysis can help you manage in lowering your risk of a stroke, heart attack, diabetes and cancer.

## Its function is threefold:

- ### To record your medical information

Did you know that doctors based up to 80% of their diagnoses on what you as a patient tell about your symptoms, medical history and lifestyle?

Fill up your medical and immunization information and take it with you wherever you go especially when you go to the doctor's appointment or hospital.

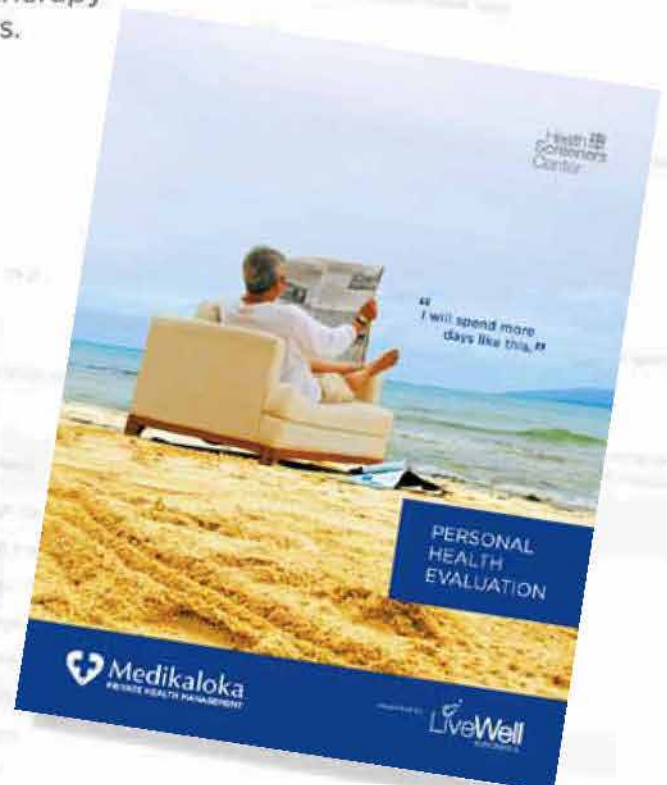
This little book could save your life!

- ### To track your progress

If you are concerned about your health, you can take charge of it by monitoring your own health progress year to year.

- ### To remind and record you treatment plan

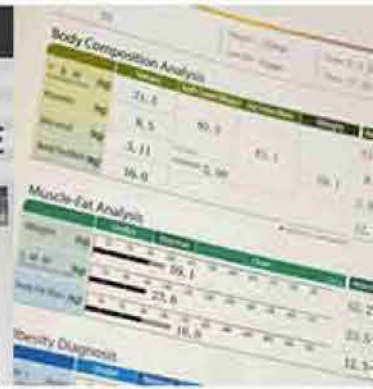
You can also record your dental and physiotherapy treatment plans and appointment schedules.





NOW INCLUDED IN CORPORATE HEALTH SCREENING:

## THE BODY COMPOSITION & METABOLIC ANALYZER



THE WEIGHT AND BMI MEASUREMENT IS NOW OFFICIALLY OBSOLETE!

### MEDIKALOKA IS PLEASED TO ANNOUNCE ITS LATEST ARRIVAL: THE BODY COMPOSITION & METABOLIC ANALYZER AS USED BY THE PORSCHE HUMAN PERFORMANCE SCIENCE TEAM.

The typical BMI and weight measurement can be misleading because neither distinguishes how much fat versus muscle you have.

Body composition testing is the the modern system of measuring the components of the body - what your body is made of. By regularly monitoring body fat and muscle mass, you can better understand how diet, lifestyle and exercise programs are influencing your body composition.

In addition, the machine also provide the quickest, and the most affordable measurements of metabolic rate and Body Mass Index (BMI); and in fact, this technology has even been scientifically verified to be just as accurate as a DEXA scan in terms of measuring your bone mass.

The Measurement report allow us medical practitioners to categorize you into eight distinct body types from ideal composition to those that predispose you to an increased risk of heart disease, diabetes and stroke.

Knowing what's working for you as an individual accurately and allows us to take that data and set accurate goals for you to reach your wellness, appearance and longevity goals.

Each test provides the following information in an easy to understand report:

1. Segment Measurements for each of the four limbs and trunk
2. Body Composition Analysis
3. Lean Body Mass
4. Intra and Extra Cellular Water
5. Obesity Diagnosis
6. Muscle Fat Analysis
7. Weight Control including recommendation for daily caloric intake
8. Body Cell Mass
9. Bone Mineral Content
10. Basal Metabolic Rate
11. Arm Circumference
12. Arm Muscle Circumference