

Medical checkup



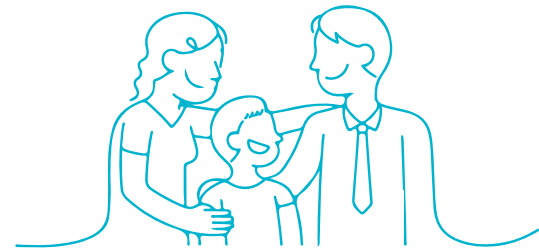
Preventive medical checkup

The preventive medical checkup program has been **specially designed for people who want to be aware of their general health condition**, considering their personal background, lifestyle and family background, among other aspects. This program has been specifically structured to respond to the needs of healthy people, particularly professionals or executives who are aware of the repercussions of their health condition in the work and family environment.

In the assessment stage of the checkup, a series of laboratory tests are performed, as well as diagnostic imaging and supplementary exams with the participation of internists, cardiologists and other medical and paramedical professionals.

In the evaluation stage, the internal medicine specialist conducts an assessment of all the test results and informs the patient their current health condition according to the exams done during the first stage, as well as the potential risks the patient is exposed to, in addition to providing relevant recommendations according to the specific case. In certain instances, the specialist could order additional exams with the aim of studying in further detail an issue identified during the initial stage of the checkup.

Health preservation



To preserve our health, **it is recommended that we all undergo a yearly routine checkup of risk factors** such as: lipid profile (fat metabolism analysis), sugar level, blood pressure, overweight or obesity, tobacco dependence, sedentary lifestyle, among other important aspects.

In our preventive medical checkup programs, **the user will be permanently accompanied by the staff in charge**, who will also provide guidance and explanations about each procedure and the respective preparation during the development of the checkup. Likewise, our staff will make arrangements for all the appointments with the other specialists, the diagnostic exams and the timely delivery of the results.

Our preventive medical checkup will be conducted at our alternate campus, which is located at Clinica Las Americas Auna sede sur in Envigado. Our facilities include the best technology available in the healthcare sector, as well as the support and experience of the Las Américas Auna specialists.

Types of checkup programs



Clínica Las Américas Auna offers medical checkups that vary depending on their complexity level: **basic, intermediate, special and children/teenager checkup.**

■ Basic medical checkup

The basic medical checkup is recommended for people in their adult years. It consists of a series of laboratory tests and some diagnostic aids focused on assessing the user's general health condition.

■ Intermediate medical checkup

The intermediate medical checkup includes the same laboratory tests of the basic checkup in addition to multiple supplementary diagnostic imaging procedures. This checkup is recommended for people over 40 years old. If women under 40 years old would like to undergo the intermediate checkup, it will not include a mammogram but a breast ultrasonography due to medical recommendations.

■ Special medical checkup

The special medical checkup is recommended for adults over 40 years old or people with a background of gastric or colon-related diseases, or people with previously diagnosed risk factors. This checkup includes the same tests of the intermediate checkup plus an echocardiography to check the structure, functioning and strength of the heart, as well as an endoscopy and a colonoscopy to determine the condition of the digestive system. Additional exams can be performed in any of the three types of medical checkup according to the needs of the user or by recommendation of the physician in charge of evaluating the checkup.



Please keep in mind the following time requirements:



■ For the basic and intermediate checkups:

Either checkup takes two (2) working days. All the tests will be performed on the first day, and the appointment with the internist will be scheduled for the second day (at the specific time provided during the scheduling process).

■ Special executive checkup:

It takes three (3) working days. All the tests will be performed on the first day, both the endoscopy and colonoscopy are carried out on the second day, and the appointment with the internist will be scheduled for the third day (at the specific time provided during the scheduling process).

Notes



All women scheduling an intermediate or special executive checkup must keep in mind that the results for both the mammogram and the cytology will be delivered three working days after the exam is performed. Therefore, you have the choice to wait until having received all the test and exam results for the appointment with the internist or to attend the appointment first and have the results for these two exams sent to you via email, along with the corresponding evaluation concept from the internist. If you will be receiving an endoscopy and/or a colonoscopy, keep in mind that the results for biopsies will be delivered three working days after the procedure. However, if you decide so, you can have the results of the biopsies sent to you via email, along with the corresponding evaluation concept from the internist.

The checkup fees do not include biopsies because the number of samples that must be extracted is determined by the specialist during the procedure. Once the results have been delivered, the patient will get the corresponding feedback and the specialist will determine if it is necessary to conduct additional exams or tests to comprehensively study any aspect or issue detected during the checkup.

Keep in mind that if the checkup you chose includes a stress test, you must add adequate sportswear and footwear for this type of diagnostic exam to your luggage. Do not forget the medications prescribed by your treating physician and remember you must expressly mention them in your consultation with the specialist. Due to the COVID-19 pandemic, the exercise stress test has been replaced with a pharmacological stress test, which includes a Doppler echocardiography. This change is only applicable to the special medical checkup.

Types of checkups		Basic		Intermediate		Especial	
Procedure		Men	Women	Men	Women	Men	Women
LABORATORY TESTS							
. Lipid profile		x	x	x	x	x	x
. Creatinine		x	x	x	x	x	x
. Glycosylated hemoglobin		x	x	x	x	x	x
. Transaminase (AST and ALT)		x	x	x	x	x	x
. Complete blood count and sedimentation		x	x	x	x	x	x
. Thyroid- stimulating hormone TSH		x	x	x	x	x	x
. Ferritin		x	x	x	x	x	x
. Urine cytochemical assay		x	x	x	x	x	x
. Hidden blood in the stool		x	x	x	x	x	x
. Prostate specific antigen (for men)		x		x		x	
. Direct from vaginal discharge (for woman)			x		x		x
PATHOLOGY							
. Cytology (for women)			x		x		x
CARDIOLOGY							
. Pharmacological stress test				x	x	x	x
. Resting electrocardiogram		x	x	x	x	x	x
. Doppler echocardiography to visualize the heart, measure its size, check de condition of the valves, and look for murmurs, enlargement, obstructions, pericardial effusions, etc.						x	x
DIAGNOSTIC IMAGIN							
. Chest X-ray (includes AP and lateral)		x	x	x	x	x	x
. Full abdominal ultrasonography (to visualize the liver, venae cavae, gallbladder, kidneys, spleen, aorta, retroperitoneum, bladder, prostate in men and ovaries in women.		x	x	x	x	x	x
. Digital mammogram for women over 40 years old or breast ultrasonography for women under 40 years old.					x		x
ENDOSCOPY:							
. Endoscopy and colonoscopy under sedation (for studying reflux, ulcers and tumors in order to detect stomach and colon cancer risk factors). *						x	x
CLINICAL EVALUATION							
. Evaluation performed by an internist		x	x	x	x	x	x
BREAKFAST							
		x	x	x	x	x	x

* The biopsies will be invoiced separately because their cost depends on the number of samples extracted during the procedures. The results will be delivered three days after each procedure.

Checkup Fees		Men	Women
Basic Checkup	COP	2.114.400	1.976.400
Intermediate Checkup	COP	2.516.400	2.682.800
Special Checkup	COP	4.228.100	4.394.500

Recommendations

It is recommended that you schedule your trip in advance, and that you get in touch with our Clínica Las Américas Auna International Office staff by emailing sopORTEinternacional@lasamericas.com.co to get your checkup appointments booked. Additionally, remember to specify the language you want to use for all communications to ensure an adequate coordination with a specialist that speaks it fluently and the provision of the necessary bilingual support.



Pediatric	
- Cholesterol HDL	X
- Cholesterol LDL	X
- Triglycerides	X
- Total Cholesterol	X
- Creatine	X
- Hemoglobin glycosylated	X
- TGO (AST)	X
- TGP (ALT)	X
- Blood count and thirst	X
- TSH	X
- Serum ferritin	X
- Breakfast	X
- Pediatrician fees	X
Total medical check up 2024	1.072.200 COP



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