

## 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 – please come on an empty stomach
- One appointment for a medical examination and to discuss the results