

# Grupo CHRISTUS MUGUERZA®

## International Patients

*Information about:*

## **Executive Health Program (Check-Up)**

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## Check-Up

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This program consists of specific clinic and physical exams done by our specialists, as well as a complete laboratory, imaging and general tests. Some of these procedures are the same for all cases, and others will be adjusted according to your age, genre and medical background. The main purpose of these is the detection of risk factors for future diseases and those whose symptoms have not yet presented.

This check up is recommended for people who consider themselves healthy, or do not present relevant symptoms of an illness. Should that be the case, we recommend finding a specific physician or treatment for your illness.

## Sample Schedule

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**Length of Examination:** half day

(2 nights stay at hotel)

Day 1 - AM	Departure
AM/ PM	Arrival to Monterrey
	Clear liquid diet, last meal at 5PM;
	Meet with Check up team for indications
	Hotel stay
Day 2 -8 AM	Examination takes place
PM	Hotel stay
Day 3 - 12 PM	Studies and test results are provided
	Departure

## What does my Check-up include?

Christus Muguerza Men / Women 39 years and youger	Christus Muguerza Men / Women 40 years and older
<p style="text-align: center;"><b>General</b></p> <p>Clinical History Nutritional examinaton (Body fat analysis) Eye examination Exercise / Threadmill ECG Resting ECG</p> <p style="text-align: center;"><b>Imaging</b></p> <p>Chest X-Ray Coronary Artery CT Scan Abdomen CT Scan Virtual Colonoscopy (CT)</p> <p style="text-align: center;"><b>Laboratory Work</b></p> <p>Complete Blood Count (CBC) Chemical Profile Lipid Profile Urine exam Coprologic exam Blood group and Rh</p> <p style="text-align: center;"><b>Women Specific</b></p> <p>Pap Smear (Papanicolau test) Mammogram Breast Sonography</p>	<p style="text-align: center;"><b>General</b></p> <p>Clinical History Nutritional examinaton (Body fat analysis) Ear, nose and throat examination Eye examination Audiometry Exercise / Threadmill ECG Spirometry test Resting ECG</p> <p style="text-align: center;"><b>Imaging</b></p> <p>Chest X-Ray Coronary Artery CT Scan Abdomen CT Scan Virtual Colonoscopy (CT)</p> <p style="text-align: center;"><b>Laboratory Work</b></p> <p>Complete Blood Count (CBC) Chemical Profile Lipid Profile Urine exam Coprologic exam Blood group and Rh</p> <p style="text-align: center;"><b>Women Specific</b></p> <p>Pap Smear (Papanicolau test) Hormonal Profile Mammogram Breast Sonography Bone Density Scan</p> <p style="text-align: center;"><b>Men Specific</b></p> <p>Prostate Specific Antigen (PSA)</p>

## How do I get started?

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1. Choose package and preferred travel date(s). Please contact us if you need any additional information.
2. Fill out the **Medical Questionnaire** and the **Contact Information** form attached to this document.

You can send them to us by:

- Email [internationalpatients@christusmuguerza.com.mx](mailto:internationalpatients@christusmuguerza.com.mx)
- Fax: +52 81 8399 3484 to Medical Travel Department
- Mail to the following address:

**CHRISTUS MUGUERZA MEDICAL TRAVEL**  
*Carretera Nacional 6501, col. La Estanzuela  
Monterrey, NL, México CP. 64988*

3. Please let us know:
  - a) if you have any prior medical tests or studies
  - b) the date(s) you would prefer to have your Check-up done
4. One of our CSRs (Customer Service Representatives) will inform you about travel arrangements and visas, and answer any additional doubts you may have.
5. Make payment and confirm
6. Your assigned CSR will schedule appointments and coordinate with you to make all travel arrangements

## Contact Information

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