

Health Checks at the Petersberg – Home to Guests of the Federal German Government

Your health is our concern

As a prerequisite for quality of life, performance and ability and thus for optimal work-life balance, health has become a key issue. Located at the Petersberg near Bonn, SKOLAMED Preventive Clinic has developed a range of special health checks that are designed to help you attain the best possible and longest lasting health.



SKOLAMED helps put you on the path to personal work-life balance. Your health is our concern.

Rest assured that the health care advice and exercise recommendations you receive are based on traditional diagnostics, the sciences of orthopaedics, nutrition and sports and a range of behaviour-related elements. These are all used to improve your current state of health and help you maintain it in the long term. Follow-up studies conducted in conjunction with SKOLAMED clients have shown that the risk of heart attack, for example, was reduced by around 22 per cent over a period of twenty months. Long-term improvements are also evident in areas like muscle and bone disease, stress, weight problems and other health risk factors.

SKOLAMED was established in 1987 and, with more than 10.000 clients, has become synonymous with high quality preventive health care.

SKOLAMED Preventive Clinic at the Petersberg

Located at the Petersberg, SKOLAMED Preventive Clinic provides a relaxed atmosphere in a top location and is easily reached with all modes of transport. With its unique atmosphere, hospitality expertise and a wide range of services, the Petersberg provides the perfect surroundings for SKOLAMED health checks. And as the German Government's official guest house, it offers optimal security.

SKOLAMED Prevention Clinic is housed in the Petersberg. High above the Rhine valley, it offers some 300 m² of diagnostic, treatment and accommodation space. A combination of modern medical technology and a highly-skilled team of doctors, nutritionists, sports scientists and other health professionals ensures optimal care. A modern interior, attractive objects d'art and what has to be the most spectacular view of the Rhine valley offer the ultimate in relaxation. And to round off the package, the Petersberg kitchens serve a wide range of menus to suit all tastes and needs.

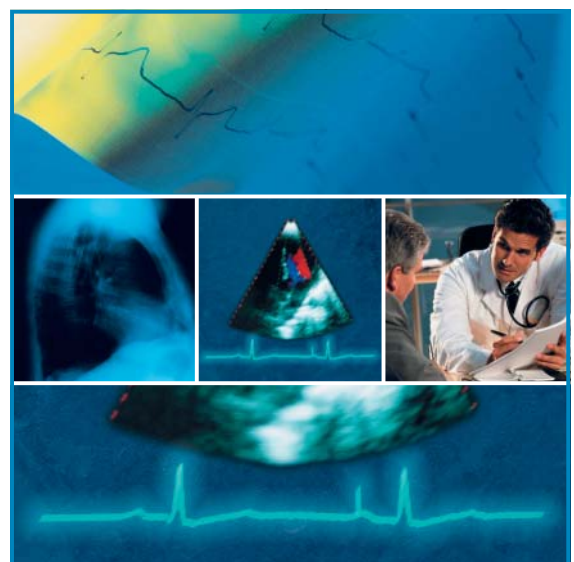
Our friendly health check team and the Petersberg staff are all dedicated to making your stay as comfortable as possible.

About the Health Checks

The health checks comprise a range of physical examinations together with comprehensive laboratory tests. They serve to:

- Assess your current state of health
- Identify health risks and assess the risk of heart attack
- Develop a health plan to maintain and promote good health.

Clients are attended by a personal SKOLAMED physician during individual examinations. All significant findings and laboratory results are made available the same day and are discussed in the concluding talks with the personal physician. A comprehensive, non-technical physician's report is then written, summarising all examination findings and recommendations, and is sent to your private address. The Hippocratic Oath is observed at all times.





SKOLAMED places great store in quality and customer relations. All SKOLAMED physicians are specialists and most have additional qualifications. Physicians attend no more than two to three clients per day to ensure a high level of personal care. Each client receives a comprehensive, non-technical physician's report once the health check has been completed.

SKOLAMED services are based on traditional diagnostics, the sciences of orthopaedics, nutrition and sports and a range of behaviour-related elements. With the main focus on preventive diagnostics, the health checks comprise the following:

- Detailed medical history assessment
- Thorough physical examination
- Cardio-vascular diagnostics and a performance check
- Heart attack risk assessment
- Examination of internal organs
- Examination of blood vessels
- Back diagnostics – measurement of muscle relationships
- X-rays
- Bioelectric impedance measurement, measurement of body composition
- Sight and hearing tests
- Laboratory tests
- Additional diagnostic examinations based on the physician's recommendations or the client's wishes.

SKOLAMED physicians talk clients through the significance of their findings, explain relationships between the findings and, more importantly, explain how their current state of health can be enhanced in the long-term.

About SKOLAMED

Established in 1987, SKOLAMED's interdisciplinary team of specialists works to promote individual and work-based health. The ultimate goal of all SKOLAMED activities and services is optimal work-life balance.

Further information about SKOLAMED can be found at www.skolamed.de

The Location

The Petersberg

The Petersberg is situated high above the Rhine valley in an exclusive location. Tucked away in the Sieben-gebirge Hills and surrounded by beautiful countryside, it offers all the amenities of a first class hotel. Enjoy the breath-taking view of the Rhine and the distant Eifel mountains on the opposite side of the river. The area's natural beauty and the Petersberg's unique atmosphere have impressed many international dignitaries over the years. Elected and crowned heads of state from countries around the world have all felt at home in the historical Petersberg that has been so lovingly and carefully restored. This unique atmosphere together with a range of opportunities for leisure and cultural activities (for which we can provide many tips) will make your stay one to remember.

Short Travel Times

The Petersberg is easily reached by car, train or air. The A3 motorway, the Intercity railway stations at Bonn, Cologne and Siegburg and the Cologne/Bonn airport are all conveniently located. We shall be happy to send you directions or you can find them by visiting our web site.

Schedule and Prices

Health checks are usually completed in a day, although examinations may be spread over a number of days if wished or they can be supplemented by an intensive exercise programme.

Registration and Hotel Reservations

Examinations can be scheduled on short notice. Together with confirmation of their appointment, clients also receive detailed information on all organisational issues and the procedures that are followed on the day. We shall be happy to make hotel reservations on your behalf.

Further Information

We shall be happy to answer any further questions you may have. Please contact us either by telephone at +49 2223 2983-0 or by e-mail at skola@skolamed.de. Alternatively, you can visit our web site at www.skolamed.de for further details.



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