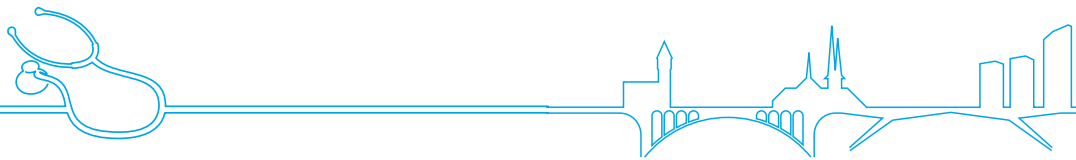




# ASTF Prevention

Prevention is better than cure



## Health check-ups

**The ASTF organises health checkups for employees of its member companies.**

These health checkups generally include:

- **a blood test** to be taken before the appointment in our offices. It allows us to determine the blood count (red and white blood cells, platelets, ferritin, etc.), a lipid test (blood fats) including cholesterol, a control of the kidney function, liver function, glycemia (blood sugar) and thyroid gland. For men over 45 years old, a PSA (prostate specific antigen) screening test is also made;
- **a urine test**;
- **a BMI calculation** (body mass index) and an assessment of body fat and hydration (Bodycheck®);
- **an audiometric test** (hearing measurement);
- **a visual test** that measures visual acuity, a test of colour vision;
- **a spirometry test**, a measurement of lung function and capacity (early detection of early chronic bronchitis, emphysema, asthma, fibrosis);
- **an intra-ocular pressure testing** (screening for glaucoma);
- **a basic electrocardiogram**;
- **an osteodensitometry test** (osteoporosis screening) for women over 45 years old;
- **a « burn out » test** on a tablet;
- **a anamnesis and complete clinical exam** (blood pressure, ORL – ear, nose and throat exam, cardiovascular exam);
- **a discussion of results with doctor and health recommendations** as well as documentation on specific problems diagnosed;
- if necessary a transfer to a specialised doctor (at the expense of the CNS).



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From a practical point of view:

- the patient is offered an appointment at his/her convenience;
- **A few days before the set date, the blood and urine analysis must be carried out at the designated laboratory (please be fasting);**
- when under the care of a nurse, he/she performs the tests listed above;
- and then he/she makes his/her visit to the doctor.



The check-up lasts about 1 hour.

The recommended frequency of check-ups is depending on the patient's age.

- between the ages of 20-29, one control check-up;
- between 30-39 years old, two check-ups with an interval of 5 years;
- between 40-50 years old, three check-ups with an interval of 3 years;
- over 50 years of age, it is recommended to perform a check-up every year.

For more information, please do not hesitate to contact us.

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*Flash me!*