



## 24H Package – Health Assessment within 24 hours

### Why is it worth it?

- The ability to choose between ready-made packages and an individual program
- Speed – a comprehensive health check allows for quick diagnosis of health. All tests are performed during a 24-hour stay at the hospital of Centrum Medyczne Gizińscy
- Availability – adjusting the date of the health check to the patient
- Comfort – a comfortable stay in a comfortable, single room with own bathroom, TV and Wi-Fi access
- Individual care of the program coordinator – ensuring efficient implementation of the tests under the 24H Package
- Summary visit – receiving a report on the tests performed as part of the package prepared by the attending physician

### How is it working?

- medical history
- establishing a test program suited to the needs
- short hospitalization within 24 hours
- screening summary
- providing recommendations regarding lifestyle, nutrition and possible further treatment

## Which 24H Package to

### 24H Basic Package – price from PLN 1,700

The basic package consists of 3 groups of tests:

- investigations
- diagnostic imaging studies
- specialist consultations

This option is excellent for people who are busy and live in a hurry due to the short duration of exams and consultations of up to about 9 hours.

Tests done as part of the basic 24-hour package allow you to assess your general health.

- The Basic 24H Package ends with a summary visit.

### 24H Package For Active – price from PLN 2,000

This package is addressed to physically active people, practicing amateur sports and for those who want to start their adventure with sport. This program will assess the cardiovascular and locomotor systems. All tests and consultations are done within 1 day.

As part of this program, you will learn about the condition of the heart and locomotor system, you will find out what physical activity is recommended for you and you will receive a medical opinion on the possible lack of contraindications to practicing amateur sports.

- The 24H Package For Active ends with a summary visit.

### 24H Package For Women – price from PLN 3,500

This package is dedicated to all women, regardless of age. The program allows you to have lots of exams and consultations in a short time.

The 24H Package for Women enables early detection of thyroid disorders and other thyroid diseases, heart and circulatory system diseases, breast diseases and diseases of reproductive organs, e.g. endometrial cancer, cervical cancer, ovarian cancer, breast lumps.

In addition, the program for women allows you to obtain medical recommendations regarding, for example, further diagnostics and dietary recommendations.

- The 24H Package For Women ends with a summary visit.

### 24H Package For Men – price from PLN 3,200

A package dedicated to all men, regardless of age. The program allows you to have lots of exams and consultations in a short time.

The 24H Package For Men enables early detection of heart and circulatory system diseases, diabetes, kidney and liver diseases, thyroid disorders and other thyroid diseases, prostate evaluation for hypertrophy and cancer, detection of abnormalities in the structure and function of abdominal cavity and urinary system.

In addition, the program for men allows you to obtain medical recommendations regarding, for example, further diagnostics and dietary recommendations.

- The 24H Package For Men ends with a summary visit.

## **24H Individual package – price from PLN 3,500**

It is a program of comprehensive health assessment within 24 hours. Examinations within this package are individually selected after an initial health assessment, thorough medical history, medical examination and detailed tests.

Depending on the doctor's decision, the 24H Individual package includes investigations, diagnostic tests, and highly specialized medical consultations.

The scope of these tests may exceed the scope presented in the 24H Packages price list.

- The Individual 24H Package ends with a summary visit.

### **CONTACT WITH THE 24H PACKAGE COORDINATOR:**

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