



# Health check

## Giving your life balance.

Your personal health check can give you important information about your state of health. You learn about risks to your individual health, and how you can influence these yourself.

The development of chronic diseases can be prevented. Early identification of illness can improve the prospects of a cure.

And it gives you the time to talk with your doctor.

The health check is a free service provided by the Austrian social insurance funds. Live longer independently, and in good health – with the regular health check to help you.

For information about the health check, consult your doctor at any time or use our free service line number on **0800 501 522**.

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