



A Cutting-Edge
Check-Up Center
in a Hospital Setting

CHECK-UP CENTER



American Hospital of Paris
NON PROFIT ORGANIZATION

A photograph of a modern building with a glass facade and a brick roof, set against a clear blue sky. The building is partially obscured by a large white geometric shape that contains text. In the foreground, there are green bushes with yellow flowers.

HEALTH AND PERFORMANCE

Vital to you and
your company

Created in 1991, the Check-Up Center of the American Hospital of Paris has recognized expertise in preventive medicine and in performing comprehensive health assessments. We focus not only on detecting diseases before they appear, but also on identifying risk factors in order to prevent illnesses from developing. Thanks to the check-ups we perform each year, thousands of patients benefit from preventive treatments and recommendations that are tailored to enhance their wellness and optimize their health throughout their lifetime.

9,000

check-ups performed annually

300

partner companies

OUR 7 COMMITMENTS, HONORED FOR MORE THAN 30 YEARS

QUALITY

SAFETY

RESPONSIVENESS

PERSONALIZATION

PERFORMANCE

COMPREHENSIVE CARE

A SINGLE APPOINTMENT IN ONE LOCATION

A UNIQUE CHECK-UP CENTER TO MEET YOUR NEEDS

Thanks to its unique setting inside the American Hospital of Paris, the Check-Up Center gives patients priority access to the most recent technological innovations and to the best practices in French and American medicine.



OUR PLUS POINTS

The expertise of a multidisciplinary team of 40 healthcare professionals specialized in prevention and screening, including internists, general practitioners, cardiologists, gynecologists, radiologists, dermatologists, endocrinologists and nurses

The quality, safety and comfort guaranteed by the American Hospital of Paris

Efficient, attentive, premium patient services: our structure is optimized to streamline patient care while providing personalized support

English-French bilingual staff and specific services for patients who speak Japanese, Arabic and Mandarin

A photograph of two women in a laboratory or medical setting. On the left, a woman with dark hair in a braid, wearing a brown sweater, is looking towards the right. On the right, a Black woman with short hair, wearing a white lab coat over a yellow shirt, is looking back at her. In the background, a large white medical device, possibly an MRI machine, is visible. A white geometric shape, resembling a stylized 'V' or a speech bubble, is overlaid on the center of the image, containing the text.

EXPERTISE

Dedicated to serving you

97%

of our patients would recommend
the Check-Up Center

PERSONALIZED EMAIL CONFIRMATION

- Description of the check-up you will undergo
- Confidential medical questionnaire to be completed and brought in on the day of your check-up

THE CHECK-UP CENTER: A PRESTIGIOUS ENVIRONMENT COMBINING QUALITY, COMFORT AND DISCRETION

- Breakfast served in a dedicated lounge area
- Newspapers, televisions and Wi-Fi available
- Restaurant (The Garden), snack bar and tea room on Hospital premises

AFTER YOUR CHECK-UP

At the end of your check-up, the doctor will review your current state of health with you orally. If the assessment has revealed any health issues, you will be referred to the most rapid and appropriate treatment or care.



RICHARD VIPIANA, CHECK-UP CENTER PATRON

The Check-Up Center was created thanks to the generous donation of one Richard Vipiana.

Mr. Vipiana was the founder and chairman of Céline, a prestigious fashion house selling luxury clothing and accessories created after World War II. Within just a few years, he skillfully elevated his small shoe manufacturing business into the international brand we know today.

Mr. Vipiana was a pioneer in science-oriented corporate sponsorship and created the Céline-Pasteur award in 1973. This award is bestowed every year to researchers and teams who contribute outstanding scientific work in healthcare. Through his involvement in the creation and development of the Check-Up Center, Mr. Vipiana perpetuates this commitment to health and science.



3 hours

CORE

General Health Assessment

A comprehensive medical check-up to help
you stay healthy

The CORE check-up is for anyone wishing to assess their current condition and protect their health by adopting the right behaviors.



BLOOD TESTS

Réalisé à jeûn, pour un dépistage des carences et Patients must fast prior to these blood tests, which screen for insufficiencies and anemia, infection, blood disease, diabetes, liver disorders, kidney failure, prostate cancer, hormonal disorders, and so on.

- **Hepatitis B serology** (HBsAg, HBs antibody, HBc antibody), hepatitis C serology, HIV 1 and 2 serology (with patient's consent)
- **Syphilis**
- **CBC, platelets**, high-sensitivity CRP
- **Metabolic assessment**: total cholesterol, HDL cholesterol, LDL cholesterol, triglycerides, glucose, HbA1c, uric acid, calcium, Lipoprotein (a), magnesium
- **Kidney function**: natremia, potassium levels, creatinine, protidemia, urea, albumin
- **Liver function**: AST/ALT, Gamma-GT, alkaline phosphatase, ferritin
- **Thyroid function**: TSH
- **PSA test (free/total PSA ratio)**: for men 45 and over, to screen for prostate cancer
- **Vitamins**: D, folate, B12



URINALYSIS

To screen for urinary tract infections, kidney infections and diabetes; test kidney function and identify risk of kidney stones (cytology, glucose, albumin, microalbuminuria, creatininuria, calciuria, and urine density)



OC-SENSOR IMMUNOCHEMICAL TEST

To screen for colon cancer

Tests for blood in the stool based on a single sample



OTHER SCREENING TESTS

- **Optometry and tonometry**: verification of visual acuity and intraocular pressure to diagnose any disorders or diseases such as myopia, astigmatism, presbyopia and glaucoma
- **Audiometry**: assessment of auditory acuity
- **Impedance measurement**: body mass index, body fat percentage
- **Resting electrocardiogram** (results analyzed by a cardiologist)

- **Exercise electrocardiogram** in the presence of a cardiologist
- **Holter monitor to record the electrical activity of the heart** and blood pressure. Performed on doctor's recommendation if resting or exercise electrocardiogram reveals extrasystoles (palpitations).
- **Pulmonary function tests**
- **Holter blood pressure monitoring** in the event of high blood pressure when at rest or during exercise
- **Respiratory polygraphy** proposed to patients who snore or experience drowsiness, fatigue, headaches when they wake up and/or nocturia
- **Transabdominal pelvic ultrasound** to screen for diseases of the liver, gallbladder, spleen, pancreas, kidneys and bladder, as well as ovarian and uterine diseases in women



STRESS AND ANXIETY EVALUATION

Using a specific questionnaire



VERIFICATION OF VACCINATIONS

Includes DTP-polio booster shot (if needed)



CONSULTATIONS WITH TWO SPECIALISTS

- Virtual dietary consultation: nutritional assessment by a dietitian following doctor's recommendation
- General consultation **with a doctor specialized in preventive medicine**



A detailed report is sent including test results, changes in risk factors and personalized medical recommendations (a copy of all tests performed is attached to the report).



CORE CARDIO

5 hours

General and Cardiovascular Health Assessment

A comprehensive evaluation of your
overall health combined with an
in-depth cardiovascular assessment

EVALUATION PERFORMED IN ADDITION TO A GENERAL HEALTH ASSESSMENT

The CORE CARDIO assessment begins with a full general health check-up, called CORE, followed by a complete range of cardiovascular explorations, which are detailed below. It is designed for anyone above 40 who wants to make sure their heart is in good working condition in order to reduce their cardiovascular risk factors.



EXAMENS MÉDICO-TECHNIQUES

- **Blood pressure monitoring** (if indicated) to screen for hypertension
- **ABI:** Ankle-Brachial Index test (measures blood pressure in the ankle and the arm) to screen for atheroma in the arteries
- **Doppler ultrasound of the supra-aortic trunks** with measurement of the intima-media thickness to assess risk of stroke and detect atheromatous plaque
- **Doppler echocardiogram** and ultrasound of the abdominal aorta to screen for heart failure and heart valve dysfunction, and test for aneurysm of the aorta
- **Coronary calcium scoring via CT scan** for men and women 45 and above. Performed every three years to test for calcium deposits on the coronary arteries and to screen for heart disease.
- **Indirect estimation of VO₂ max** (if indicated) to measure cardiac performance during exercise



A team of experienced cardiologists is on call 24/7 at the American Hospital of Paris.



Assessment of cardiovascular risk factors and prevention recommendations.

A detailed report is sent, including a copy of all tests performed.



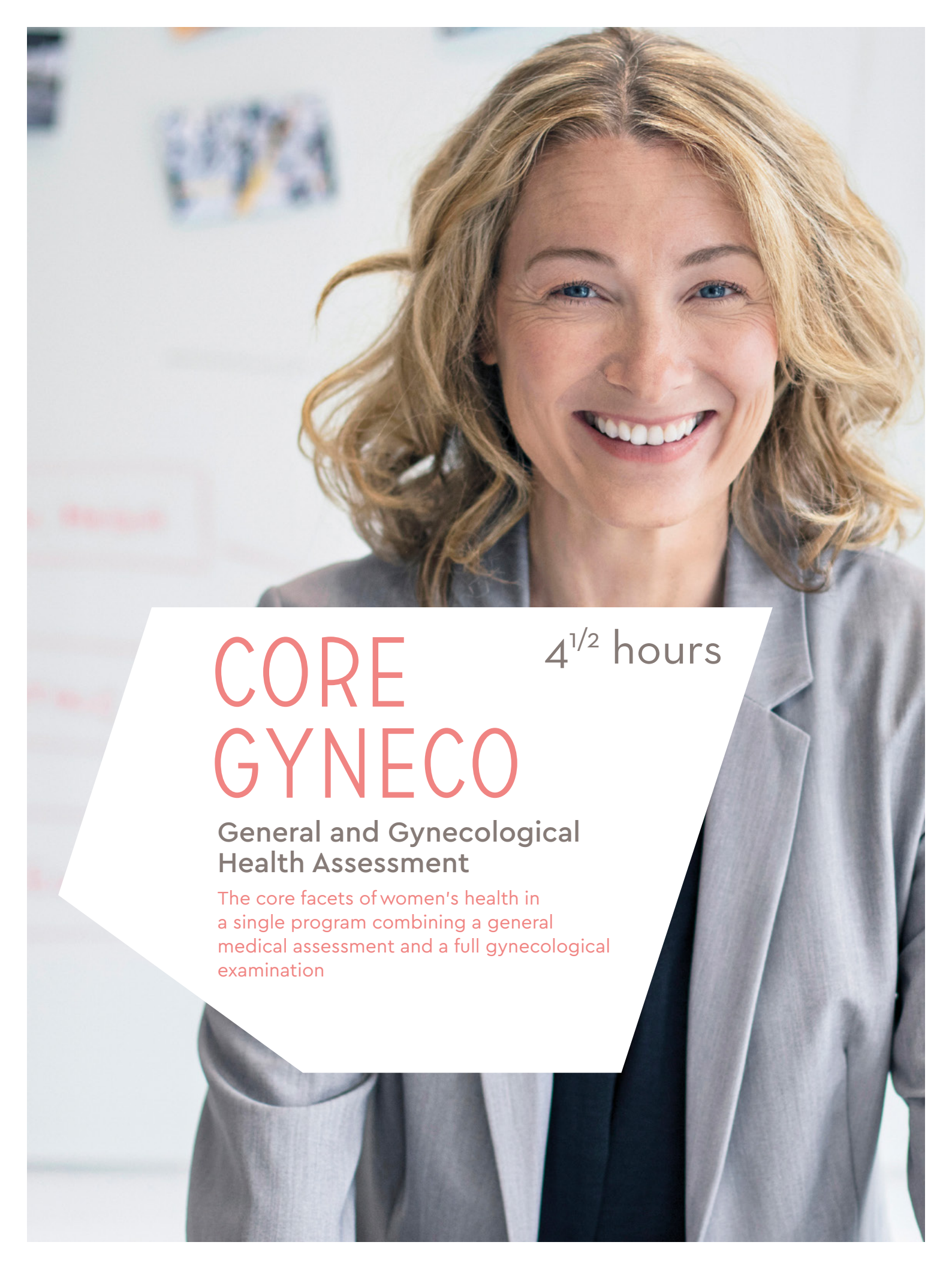
IN THE EVENT OF A SUSPECTED DISORDER

- **Respiratory polygraphy** is proposed to patients who snore or experience drowsiness, fatigue, headaches when they wake up and/or nocturia



MEDICAL CONSULTATION WITH A CARDIOLOGIST

Assessment of cardiovascular risk (heart attack and stroke) and prevention recommendations



CORE GYNECO

4^{1/2} hours

General and Gynecological Health Assessment

The core facets of women's health in
a single program combining a general
medical assessment and a full gynecological
examination

EVALUATION PERFORMED IN ADDITION TO A GENERAL HEALTH ASSESSMENT

The main facets of women's health in a single program combining the CORE general medical assessment and a full gynecological examination. Designed for women who want to verify their overall health and undergo a complete gynecological check-up, including screening for breast and cervical cancer.



BLOOD TESTS

Performed as part of the general health assessment



SCREENING TESTS

- Women 45 and older (every 2 years), except in specific cases requiring earlier screening
- Breast tomosynthesis (digital mammography)
- Breast ultrasound (except in certain cases): breast cancer diagnoses are continually on the rise but result in fewer deaths every year thanks to early screening and advances in treatment. When detected early, prognoses are good for this type of cancer and the survival rate remains stable at 87%.
- Bone density test of the lumbar spine and upper extremity of the femur during menopause, to diagnose osteoporosis (which affects 40% of women and is a risk factor for serious fractures)



MEDICAL CONSULTATION WITH A GYNECOLOGIST

- Gynecological exam including Pap smear and screening for HPV (human papillomavirus) during the first visit and thereafter if indicated, to detect cervical cancer in particular
- Supplemented by pelvic ultrasound or cardiovascular check-up, depending on risk factors that may influence recommendations on birth control or hormone therapy

OMENA

A complimentary mobile app to help you manage menopause on a day-to-day basis

RECOMMENDATIONS

- Based on your age, advice is provided on choosing a birth control method, planning a pregnancy or undergoing hormone replacement therapy (HRT) in menopause



The American Hospital of Paris has a **center dedicated to breast cancer screening and treatment**, with experienced specialists (radiologists, gynecologists and oncologists) available to provide care without delay.



Assessment of cardiovascular risk factors and prevention recommendations.

A detailed report is sent, including a copy of all tests performed.



OPTIMAL FEMINA

5 hours

General, Cardiovascular
and Gynecological Health
Assessment

General, Cardiovascular and Gynecological
Health Assessment

GENERAL, CARDIOVASCULAR AND GYNECOLOGICAL HEALTH ASSESSMENT

- **CORE** general health assessment:
for a comprehensive evaluation of your overall state of health
- **CORE CARDIO** cardiovascular evaluation:
to detect and prevent heart disease
- **CORE GYNECO** gynecological examination:
including screening and advice

PURPOSE

This assessment combines three types of medical expertise for a comprehensive, personalized check-up

WHAT TO EXPECT

You will have consultations with expert members of our multidisciplinary teams:

- General practitioners specialized in preventive medicine
- Gynecologists
- Cardiologists

Each specialist will give recommendations based on your personal needs.

INCLUDES

- In-depth tests (blood tests, imaging, cardiovascular and gynecological tests as described in the CORE, CORE CARDIO and CORE GYNECO assessments)
- Specialist consultations
- Personalized prevention and follow-up program



A team of experienced cardiologists is on call 24/7 at the American Hospital of Paris.



The American Hospital of Paris has a **center dedicated to breast cancer screening and treatment**, with experienced specialists (radiologists, gynecologists and oncologists) available to provide care without delay.



Assessment of cardiovascular risk factors and prevention recommendations.

A detailed report is sent, including a copy of all tests performed.



HEALTHY ^{5^{1/2}} hours FIFTY FEMINA

General, Cardiovascular,
Gynecological and Women's Risk
Health Assessment

A comprehensive assessment for women in
perimenopause or menopause

GENERAL, CARDIOVASCULAR, GYNECOLOGICAL AND WOMEN'S RISK HEALTH ASSESSMENT

A comprehensive evaluation designed for women in perimenopause or menopause, combining a general health assessment with full cardiovascular and gynecological evaluations.

- **CORE** general health assessment:
for a comprehensive evaluation of your overall state of health
- **CORE CARDIO** cardiovascular evaluation:
to detect and prevent heart disease
- **CORE GYNECO** gynecological examination:
includes screening and advice for this specific phase of life
- Personalized breast cancer risk assessment (Women's Risk Institute)

PURPOSE

The period surrounding menopause is a turning point in women's lives marked by a higher risk of developing cardiovascular disease, certain types of cancer (breast, cervical) and osteoporosis. Preventive care is essential in order to maintain quality of life and good health in the long term.

WHAT TO EXPECT

You will have consultations with expert members of our multidisciplinary teams:

- General practitioners specialized in preventive medicine
- Gynecologists
- Cardiologists
- An oncologist will interpret your test results

Each specialist will give recommendations based on your personal needs to help you better manage this transitional period.

INCLUDES

- Genetic test to determine breast cancer risk
- All blood tests included in the general health assessment
- Four specialist consultations
- Personalized prevention and follow-up program

This assessment is designed to bring you peace of mind during this transitional period, with comprehensive and preventive care.

OMENA

A complimentary mobile app to make menopause easier to manage on a day-to-day basis



A team of experienced cardiologists is on call 24/7 at the American Hospital of Paris.



The American Hospital of Paris has a **center dedicated to breast cancer screening and treatment**, with experienced specialists (radiologists, gynecologists and oncologists) available to provide care without delay.



Assessment of cardiovascular risk factors and prevention recommendations.

A detailed report is sent, including a copy of all tests performed.

A close-up photograph of a man with dark hair and a slight smile, holding a white ceramic cup to his lips. He is wearing a dark blue blazer over a patterned shirt. The background is softly blurred, showing what appears to be a wooden bench or railing.

1½ hours

TOBACCO

(OPTIONAL ASSESSMENT)

For smokers

An ear, nose and throat (ENT) examination is combined with three tests to screen for tobacco-induced diseases, given the particularly high risk of cancer in smokers.

EVALUATION PERFORMED IN ADDITION TO A GENERAL HEALTH ASSESSMENT

This check-up, combined with the CORE general health assessment, is for patients who smoke or who have quit smoking in the last 15 years. During this assessment, patients are referred to a smoking cessation or addiction specialist if necessary.



SCREENING TESTS

- Low-dose chest CT scan (without iodine injection) for smokers and former smokers, emphysema and lung cancer screening
- Pelvic ultrasound (with full bladder) and pancreatic ultrasound to screen for cancer

MEDICAL CONSULTATION WITH AN ENT PHYSICIAN

- Clinical exam
- Nasal endoscopy to screen for ENT cancers



THE RISK OF DEVELOPING THE FOLLOWING CANCERS

is particularly high in smokers:

- Cancer of the throat and larynx
- Lung cancer
- Bladder cancer

A photograph of three women of different ages (young, middle-aged, and older) smiling and posing together. They are wearing pink athletic tops and white race bibs with black numbers. The woman on the left has dark curly hair and a bib with '712'. The woman in the center has brown wavy hair and a bib with '1109'. The woman on the right has blonde hair and a bib with '10'. The background is a blurred outdoor setting with greenery.

2 hours

WOMEN'S RISK

Women's Risk

Evaluation of individual risk of developing breast cancer, combined with early screening and targeted prevention.

EVALUATION PERFORMED IN ADDITION TO A GENERAL HEALTH ASSESSMENT

This assessment is designed for women 35 and over with no personal history of breast cancer. Using an AI algorithm called MammoRisk™, it offers a specific, personalized way for women to rapidly evaluate their risk of developing breast cancer in the coming years.



PERSONAL AND FAMILY ANTECEDENTS

- An online questionnaire (prior to the assessment) is used to gather personal and family data (breast cancer risk factors)



SCREENING TESTS

- Digital 3D mammogram (tomosynthesis) with standardized evaluation of breast density
- Breast ultrasound (except in certain cases)
- DNA analysis of a saliva sample to detect gene polymorphisms indicating a predisposition to breast cancer (result integrated into the risk evaluation)

MEDICAL CONSULTATIONS WITH BREAST CANCER SPECIALISTS



- Consultation with a radiologist specialized in breast imaging
- Consultation with an oncologist specializing in breast cancer at the end of the assessment, in order to:
 - Evaluate risk based on personal data, family history and imaging, using an algorithm produced by MammoRisk™
 - Provide the patient with a personalized assessment of her breast cancer risk
 - Define, together with the patient, a tailored monitoring and prevention program



RECOMMENDATIONS AND FOLLOW-UP

- Definition of a customized program to prevent breast cancer through imaging-based surveillance
- Recommendations on birth control and hormone replacement therapy
- Oncogenetics referral in the event of an identified genetic risk



A detailed report is sent to patients, including examination results, the individual five-year breast cancer risk assessment result (MammoRisk™ score), identified risk factors, and personalized medical recommendations. A copy of all examinations performed is attached to the report.

DOES NOT REPLACE
wide scale screening campaigns

IS NOT THE SAME AS
post-therapeutic surveillance for patients who have already undergone cancer treatment



CONSULTATION WITH A DERMATOLOGIST

- Your skin is thoroughly examined to identify any suspicious lesions such as melanoma or other skin cancers, and monitoring is recommended if necessary
- Prompt treatment is provided by our specialists when needed
- A medical opinion is given on any other issues affecting the skin

30 minutes

OPTIONAL

Dermatology consultations

Our Check-Up Center also offers consultations with a dermatologist specialized in skin cancer screening.

Founded in 1906, the American Hospital of Paris is a private, not-for-profit institution of recognized public benefit whose mission is to provide the best in French and American medical practices to its French and international patients. The American Hospital of Paris offers comprehensive expertise combining extremely innovative investigative technologies, leading-edge treatment methods and individualized care, all at a single location. This means our patients receive personalized treatment within a minimal timeframe. The American Hospital of Paris is accredited by two organizations for the quality of the care it delivers: France's Haute Autorité de Santé and the U.S.'s Joint Commission, which accredits institutions according to U.S. standards.



American Hospital of Paris
NON PROFIT ORGANIZATION

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Check-Up Center**

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