



“Your health at a glance – our comprehensive screening scheme.”

Rolf Stefaner, personal SBK consultant

We are on your side.



Health checks for men

An overview by Rolf Stefaner, personal SBK consultant.

Constant visits to the doctor are not essential for staying healthy. With just a few important health checks, you can ensure that health risks and diseases are detected early on. As an SBK customer, you benefit from our screening scheme.

What benefits does the SBK provide?

As well as ultrasound examinations to screen for abdominal aortic aneurysms from the age of 65, we also offer other services that go beyond statutory care: men under the age of 35 already benefit from skin cancer screening.

A detailed overview of all available screening services can be found at **sbk.org/health-checks**, as well as plenty of information on the types of examinations available so that you can weigh up the benefits and risks of screening.

My tips for you: take advantage of our offers for a personal consultation.

- Our **SBK Health Telephone** on **0800 072 572 570 00** (free of charge*) offers you a direct line round the clock to medically trained staff and practitioners who are on hand to answer all your medical enquiries.
- The **SBK Appointments Service** will quickly and easily set up an appointment according to your requirements – for example, with a medical specialist, GP or physiotherapist. More information at **sbk.org/appointments-service**.

* Within Germany; from abroad, you can call our SBK Customer Hotline on +49 89 444 570 90 at the rates that apply there.

Why does the SBK not cover the cost of all health checks?

Not all health checks recommended by practitioners are medically necessary. Since the cost of such checks cannot be covered by the electronic health card, they are classed as private-health-care costs. Everyone is free to decide, for example, whether they wish to have a PSA or glaucoma screening by a practitioner.

If you would like to be insured against the private expense of health checks and vaccinations, **the supplementary health insurance policy from our partner ARAG** is the best option. More information can be found on the ARAG website at **arag.de/sbk** (German only).

The SBK screening scheme for men

All examinations at a glance

Age	Early detection of	Scope of examination	Frequency	Which practitioner?
No age restriction	Skin cancer	Medical history, full-body skin screening, consultation	Annually; every two years from the age of 35*	Skin specialist/ dermatologist
18–34	Diabetes, cardiovascular diseases, kidney diseases, other abnormalities (health check-up)	Medical history and compilation of a risk profile, determination of physical state, blood test where applicable (cholesterol, blood sugar), check of vaccination status, consultation	Once	GP
35 or older	Diabetes, cardiovascular diseases, kidney diseases, other abnormalities (health check-up)	Medical history and compilation of a risk profile, determination of physical state, blood and urine laboratory tests (cholesterol, blood sugar, protein, erythrocytes, leukocytes, nitrite), check of vaccination status, consultation	Every three years	GP
35 or older	Hepatitis B and hepatitis C	As part of the health check-up: screening for hepatitis B and hepatitis C (laboratory blood test), explanation of risks of infection	Once	GP
45 or older	Prostate cancer	Medical history, genital examination, tactile examination of the prostate and lymph nodes, consultation	Annually	Urologist
50 or older	Colon cancer	Tactile examination of the rectum, consultation	Annually	GP
50 or older	Colon cancer	Colonoscopy and consultation	Twice, at ten year intervals	Gastroenterologist
Alternatives to colonoscopy**				
50–54	Colon cancer	Quick test to check for invisible blood in the stool, consultation	Annually	GP
55 or older	Colon cancer	Quick test to check for invisible blood in the stool, consultation	Every two years	GP
65 or older	Abdominal aortic aneurysms	Ultrasound of the abdominal aorta (abdominal arteries)	Once	GP, internalist, urologist

* From the age of 35, skin cancer screening every two years is a statutory service and is charged through the insurance card. Up to the age of 34, we cover the cost of skin cancer screening up to an additional €25 max. per year. In Bavaria, Lower Saxony and Bremen, screening is covered by the insurance card. Screening can be carried out by approved GPs/dermatologists. In Bavaria and Lower Saxony, the costs are only covered for participating practitioners. Your personal consultant will gladly provide you with information on participating practitioners.

** If at 50 years old you decide against having a colonoscopy, you are entitled to an annual stool test until the age of 55. From the age of 55, you are entitled to a stool test every two years. If you have a colonoscopy, you are entitled to another colonoscopy after a period of ten years. Alternatively, you can also opt for a stool test, which can be performed every two years.

Do you know about our SBK Bonus Scheme?

Your health is very important to us – we reward the participation of adults and children in care activities such as cancer screening, U-Check-ups (health screening for children), vaccinations and private sports activities as part of our **SBK Bonus Scheme**. You receive a bonus of €5 or €10 for taking part in a one of our large selection of bonus activities. You can find a summary of all the important information about this scheme at sbk.org/bonus-scheme. Or register immediately for the SBK Bonus Scheme via the **Meine SBK app**.

Any further questions?

You can obtain further information at sbk.org/health-checks.

Your personal consultant will be happy to offer you advice and practical assistance – you will find their contact details in your online self-service branch **Meine SBK** on the app or at sbk.org/meine-sbk/en. Alternatively, you can find the details at sbk.org/consultant or by calling our SBK Customer Hotline on **0800 072 572 572 50** (free of charge*).

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Your online self-service branch Meine SBK

You can manage your affairs online and even receive your SBK post digitally if you wish, whenever and wherever you like. Very easily via your online self-service branch **Meine SBK** – as a convenient app for your smartphone or on your computer at meine.sbk.org/en. Download the **Meine SBK app** now free of charge and register.



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