

GUIDE FOR OCCUPATIONAL HEALTH CHECK-UP

When coming for a health check, please bring following with you:

- Identification document (ID card/Passport/Driving license)
- Pre-filled “Health Check Chart” (please print, fill and sign before coming to the clinic)

When coming for a health check, firstly register at the reception with the nurse. The nurse will order and perform necessary tests/analysis/examinations and then guides you to the doctor’s appointment.

The health check-up lasts up to 1 hour depending on your occupational health care package.

Please do not come for a health check-up when you are ill, during an acute phase of illness or chronic illness nor when you are on temporary incapacity for work. If you are unable to come for a health check-up on the scheduled date and time, please inform our reception in advance.

The health check-up is performed at the City Tervisekliinik, Narva mnt 5, 5th floor. Building’s entrance is at the Forum Center main doors, the elevators are located by the security desk. Nearest parking options are in Viru Centre parking lot or at Ahtri Street parking lot.

RECOMMENDATIONS FOR ANALYSIS/TESTS

Specify with your employer in regards which tests and analysis are included in your health care package.

- Blood and urine analysis:

It is not recommended to eat, smoke or chew gum at least 2 hours before blood collection, this makes sure results of the tests are most objective. We recommend drinking only clean unflavored still water during this time.

If you need to give urine analysis, make sure at least 2 hours have passed since the previous urination.

- Vision control:

Please do not wear contact lenses, remove lenses from the eye if possible 1-2 hours prior the health examination. If you wear glasses, if possible, please take your glasses and previous prescription for glasses with you. Depending on your health care package, an optometrist check-up will be performed at Clinic’s cooperation partner, Lens Optika, Narva mnt 5, 1st floor. Optometrist’s visit lasts 20 minutes.