



GUIDE FOR OCCUPATIONAL HEALTH CHECK-UP

Please book an appointment on City Tervisekliinik's website <https://veebiregistratuur.ee/90/?specialty=31>, make sure to write your company's name in the reason of registration.

The health check-up is performed at the City Tervisekliinik, address is Liivalaia 36, Tallinn ARTERI kvartal.

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

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

When coming for a health check, firstly register at the reception. The nurse will order and perform necessary tests/analysis/examinations and guides you to the doctor's appointment. The health check-up lasts up to 1-2 hours 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.

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.